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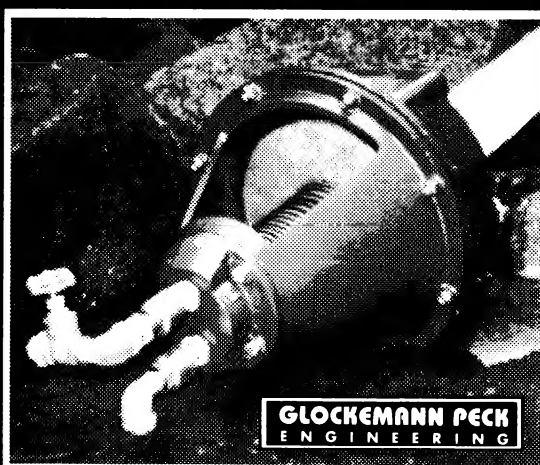
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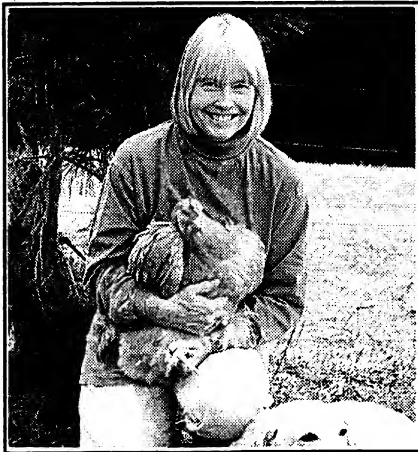
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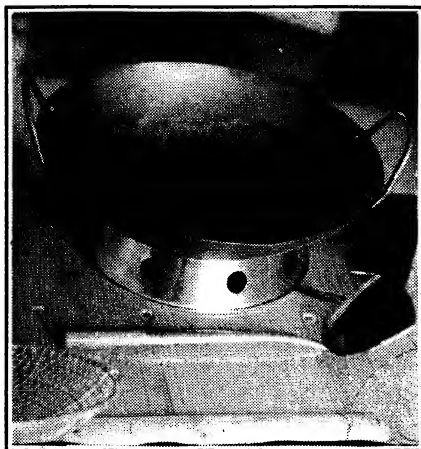
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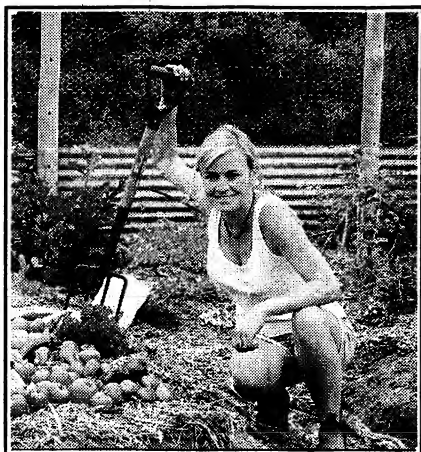
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Front Cover: Lighthouse keepers have traditionally been seen as romantic adventurous figures, braving lonely and often harsh conditions in the service of maritime safety. The story about Rob Coates and Manda Canny (pages 6-8) gives this nostalgic image a modern illumination.

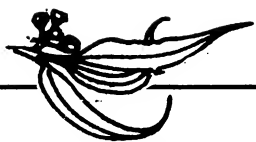
Back Cover: Sheep are an intrinsic part of many a self-sufficient lifestyle. See pages 53-54 for essential advice on rearing orphan lambs, and pages 63-64 for how to supplement your livestock's diet, while at the same time enhancing your property, with a fodder forest.

Edited by Megg Miller and Mary Horsfall.

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I was just settling in to write this afternoon when Colette knocked apologetically and announced there was a reader on the phone who wanted to make cheese and could I recall which particular issues featured recipes? 'What sort of cheese?' I enquired, recalling the recipe for delicious camembert in No 98. 'She didn't say, she just said she had 26 litres of milk and had to make some cheese quickly!' Whilst I couldn't remember specific cheese articles in more recent issues of *Grass Roots* I grabbed the reference file and tried to recall hands-on experience from the past. Hopefully, the assistance was useful and the cottage cheese making a success. Working here you never quite know what you're going to be asked next, it can be anything from why a batch of soap failed to where the culture for Kombucha tea can be obtained. Vicki, who has just joined our team, wore a perpetually puzzled expression for the first week or so, and struggled over questions concerning WWOOFers, straw bale housing and hopi ovens.

Vicki came to GR to take over from Kim and is quickly becoming familiar with the unique nature of the work here. Kim of course, went travelling in August last year and returned before Christmas last year to help out for a few months. The hour trip each way to work really stressed her out, so once she had the office running smoothly she announced it was time to move on. When farewelling her this time we decided against another set of bookends, however memorable the last pair were, and settled instead for a book token in case she has time to read. Although she has no fixed plans on what she will do we wish her an enjoyable and exciting new life, and welcome Vicki to the remarkable world of GR.

Grass Roots is remarkable for many reasons, the most significant being the feeling of goodwill and optimism it reflects. Both Mary and I experienced situations recently that highlighted this. Mary attended a gardening event and was introduced to a member of a well known conservation group. This person had only just discovered GR and com-

mented that she was impressed by the positive upbeat feel of the magazine. I had cause to be grateful for the generous recognition of effort, whether large or small, that is inherent in GR. Participating at a farming expo, I played hookey and walked around like a visitor. I was upset by the sanctimonious approach some organic people took, brushing aside achievements if they didn't conform to the organic ethos. If we even start getting blinkered and pompous like this I hope someone will set us straight. It is important to recognise that most peoples' journey in life is shaped first by personal issues, and then they embrace larger community and global agendas.

A couple of points have arisen over the last few months concerning Feedback, the first being requests for a separate section dealing with answers to other peoples' questions that are of general interest. One reason for those requests is the frustrating waiting period before the answers appear, often as long as two issues. With everyone's help we can reduce this waiting period – please keep letters short and relevant. Long rambling letters are difficult to edit and shorten and they take up lots of room.

Frequently letters contain answers to several previous Feedback requests as well as outlining the writer's current situation. We don't receive many letters that just deal with a single request or issue, so bear with us in presenting this information as quickly as we can. We try to include as many letters as possible each issue and sympathise with readers disappointment. On the occasions we do receive a variety of answers, we feature this in an article so readers can access the material easily. We're open to suggestions so do keep them coming, there may be a better way of managing it all. Also, can we remind contributors to check and ensure names and addresses are on letters. A surprising number come in authorless, even some requesting contact with fellow readers. The name and address of the author may well have been on the back of the envelope but it is essential to include it on actual material for publication.

With regard to names on letters and other material, we've had a couple of situations arise in the last week when our sleuthing skills have been tested

fully. One classified came in with a cheque and the cut-out form saying 'same as last time', and Vicki, not realising the lack of details, separated the cheque, envelope etc. We eventually worked the owner out and then had a resub form to sort out that carried nothing but the words 'let you know the new address soon'. Believe it or not, we made a successful match of handwriting with the envelope and confirmed ownership with the correct subscriber. Phew, it's tricky work, so put a rubber band around your finger if you're the forgetful sort when you're writing in to us.

This issue we announce the names of the winners of the Healthy Homes book giveaway. We asked readers to share their favourite tip for either a chemical-free home or an organic diet back in GR 131 and were thrilled with the wonderful response. Robin Stewart, one of the authors of the giveaway titles, generously offered to choose the five winners in each of the two sections. 'It was a pleasure judging this competition, and I was most impressed by the quality of the ideas presented by your readers. I wish I could have given a book to all the entrants,' Robin wrote. Congratulations to all the winners. The five winners of *The Organic Kitchen*, who sent in their favourite tip for an organic diet are: Rebecca Zand-Vakily (Bayswater, WA); Nicole Casson (Sedgwick, Vic); Narelle Lincoln (Buderim, Qld); Belinda Pursey (Blackheath, NSW); Carolyn Kirk (Rosedale Stn, Qld), and also to Nita Higgins (Jindabyne, NSW); Jenny Morcombe (Scaddan, WA); B Jenkins (Scottsdale, Tas); Marlene Castle (Swan Reach, SA); Nancye Carroll (Ararat, Vic) for their tips for a chemical-free home. Their helpful tips are featured on page 69. Thank you Robin for officiating and thanks to the readers for joining in this project.

With space fast running out, can I conclude by encouraging everyone to try some of these great tips. You may also consider making some bathroom cleaners or washing solution and giving it to a friend. A simple gift made with love is much more meaningful than an impersonal, wastefully-boxed product that may never be used. Happy natural living.

LIGHTHOUSE LIFESTYLE

by Heather Kozak, Dellicknora, Vic.

It's the stuff romantic dreams are made of – owning and living in your own lighthouse. This eminently practical couple, Rob Coates and Manda Canny, not only live in a whimsical time warp, but are using modern technology to help them share their world with others while maintaining its environmental integrity. Beware, Heather Kozak's story about this remarkable couple's lifestyle could have you packing your bags.

Imagine your workplace is set on a grassy slope leading down to a sea-skirted rocky headland. An ivory lighthouse points toward the sky while whales sport in the Tasman Sea that it stands guard over. Neat white buildings mushroom at its base, wide verandahs facing and embracing the endless ocean scenery. Your job requires you to gaze at the clouds, polish the brass in the light tower, and welcome awe-struck guests into a charming, time-warped pocket in the thick coastal tea tree.

Rob Coates and Manda Canny have two of the best jobs in Victoria; they are the lessees of the Point Hicks Lighthouse Reserve. Their work combines the romance of lighthouse keeping with the ethical satisfaction of bringing eco-tourism to their marine environment. Their chance of a lifetime came when the National Parks Department placed ads in the major newspapers, seeking submissions from companies to develop tourism at decommissioned lighthouse reserves.

Manda, a qualified park ranger, has an extensive background in outdoor education. She dives, climbs, abseils, hikes and whips up gourmet meals at the drop of a hat; all with a ready smile. Her partner Rob, who has the laconic humour born and bred amid the limestone hills of Buchan, ran Snowy River expeditions for thirteen years – a white water rafting and outdoor adventure company. They were eminently qualified for the job, and although their submission was competing against others tendered by big-name tourism development companies, they were successful in winning a twenty-year lease.

Their lesseeship involves running the weather station, taking cloud, wind speed, and barometric readings daily at 6am, 9am, 12am and 3pm. This information is sent to the central weather bureau via computer

modern and forms a vital link in the Department of Meteorology's forecasting network.

They also provide unique tourist accommodation in the form of the Assistant Lightkeeper's Residence, a large white



Rob and Manda live an intriguing lifestyle surrounded by spectacular scenery.

weatherboard house that has been divided into two self-contained, three-bedroom cottages. Each cottage sleeps eight comfortably and features a well equipped kitchen, dining room, bathroom, wood-combustion-heated lounge, sunroom and wide verandahs that you could almost spit into the ocean from. Rob and Manda live in the matching Head Lightkeeper's Residence, and have restored four of its many bedrooms back to their former glory of corniced cedar. These are available for bed-and-breakfast, but with Manda's fresh abalone entree on the menu it's worth staying for dinner, too.

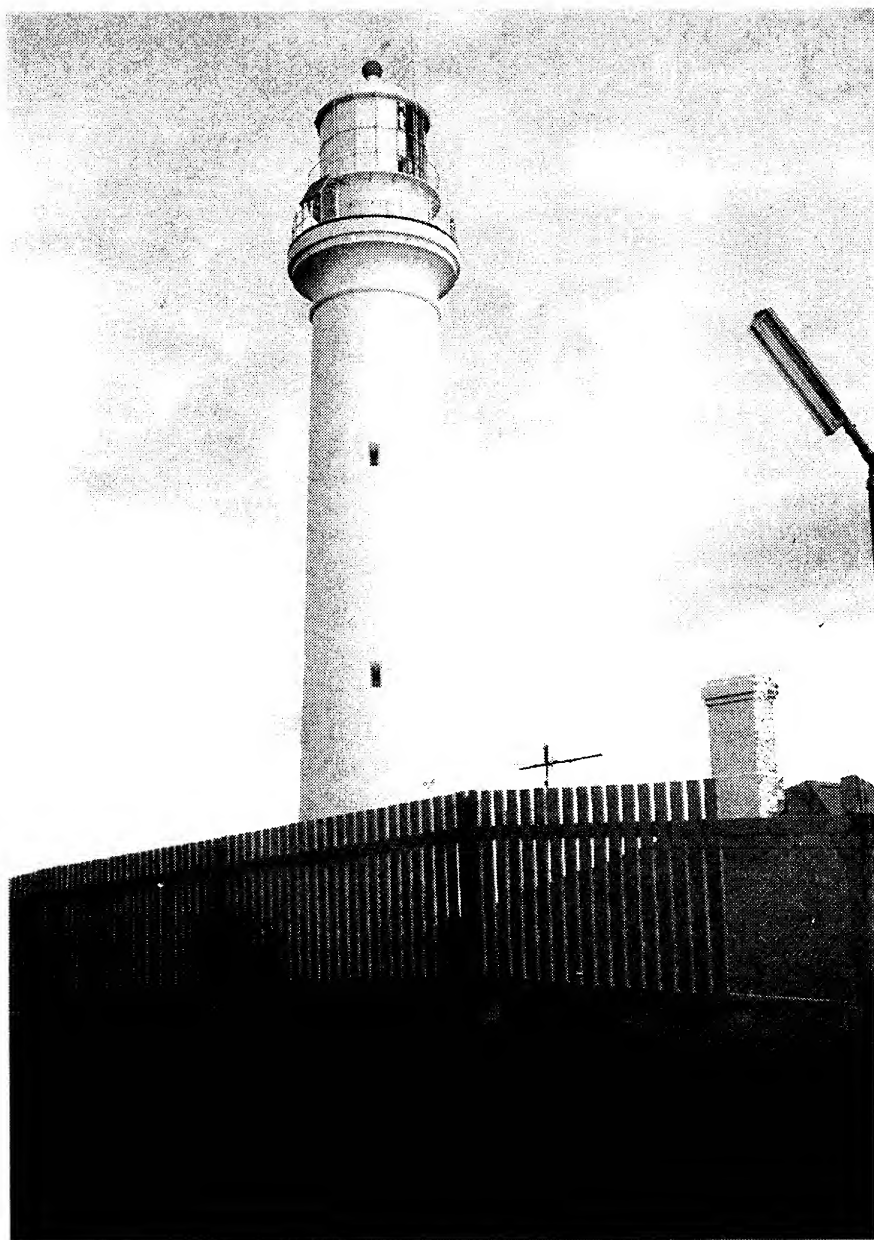
Rob and Manda have long had an interest in Koori culture and are in their element amongst the large shell middens, left by the Krautungulung clan of the Kurnai Tribe, that rise in the sand dunes. They are both

committed conservationists and are vigilant in their rubbish removal and recycling. Each cottage has an array of bins outside the back door for compost, plastics and paper, with detailed instructions on what to put where, and all nondecomposable waste is taken from the reserve to Genoa to be disposed of.

A nonchemical sewage treatment plant has been installed to cope with the inevitable by-products of tourism, handling both the toilets and the grey water from all the residences. It consists of a three-tank system with the first tank used for settling, the second for aeration and the third for resettling. The plant is discreetly set amongst the tea tree some distance from the houses, but may be inspected by interested parties on request.

Instead of being connected to the main power grid, the lighthouse reserve has a RAPS system (remote area power) which relies on wind power, solar power and storage batteries. As part of the nonpolluting programme, the two massive generators that used to power the complex have been replaced with a wind turbine. One of the generators remains as a backup power source for emergencies, used only 10 percent of the time compared to 90 percent alternative power. The hiss and hum that the three turbine propellers make as they slice the wind's power into usable chunks is a much more positive sound than the roar of diesel generators. Aficionados of alternative energy should enjoy seeing a wind turbine of this size (10 kW) in action.

Behind the mast of the turbine a narrow sandy track leads off into the scrub, comfortably shaded by the tea tree branches meeting above it. A short walk brings us to a sunny clearing containing a large chook house. Because of their



Built in 1889, the Point Hicks lighthouse is the tallest concrete lighthouse in Australia. Now decommissioned, it's the focal point of a flourishing ecotourism complex.

remoteness, the century-worth of lighthouse keepers gone before had to attain a degree of self-sufficiency, keeping poultry, goats and other stock and growing vegetables for themselves. Manda is maintaining the tradition with her dozen chooks which consume mostly kitchen scraps, and a large, thriving vegetable garden – both of which young guests love to help with. All their plants are organically grown and benefit from liberal applications of the seaweed so readily available.

Guests in the houses have the opportunity to join Rob and Manda on their rounds, seeing how the weather reports are done, collecting the eggs, and climbing the 162 steps to the lantern room at the top of

the light tower.

The tower was built in 1889, of mass concrete using crushed local granite. It stands 39.4 metres high and remains the tallest concrete lighthouse in Australia. Repairing and painting all the structures and outbuildings is one of the caretaker's many responsibilities, so Rob has had to abseil down the outside of the tower to achieve this end. An ornate spiral staircase winds up the inside; innocent of a central support column, each step is cantilevered from the tower wall.

The stairs lead to the lantern room which still houses the glass prism large enough for three adults to climb inside. It has been replaced with a solar-powered

light attached to the outside balcony.

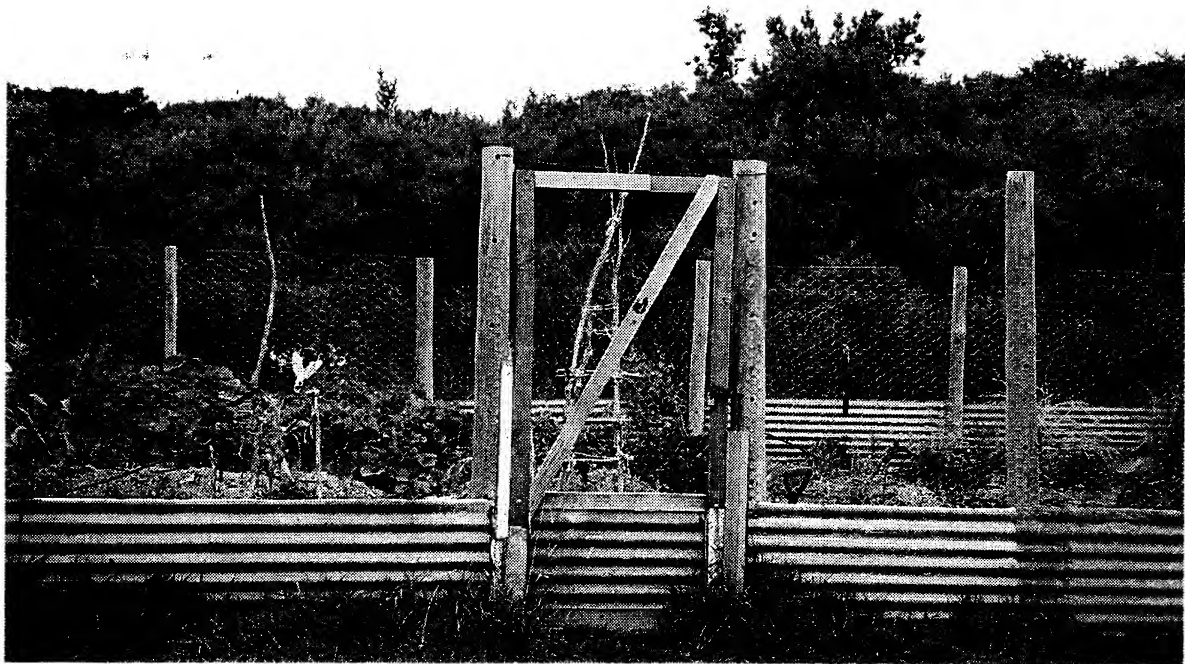
The view from the top is, of course, breathtaking; whales can be spotted miles out to sea, thickly vegetated hills rise behind the reserve clearing as far as the eye can see, and, in front, tumbled boulders and pristine beaches loop away to meet the horizon. The long shadow cast by the tower nearly reaches to the cairn marking the place where land was sighted by Lt Zachary Hicks aboard the *Endeavour*. Captain Cook was sailing west from New Zealand, making for the east coast of Tasmania at the time!

Until 1954, when a track was made between Cann River and the reserve, all supplies were brought in by ship only every three to four months. A wide dirt road now connects Point Hicks (Cape Everard) to Cann River, the nearest town. The lighthouse complex consists of the light tower, two large houses, several storage buildings and two self-contained backpacker huts. Superbly crafted dry-stone granite fences with rounded tops enclose the complex, radiating warmth and protecting the walled gardens from the coastal winds. Thousands of spotless white lilies poke their saffron tongues out at the world from the thickly vegetated slopes leading to the churning sea. The whole complex is protected by the National Trust and all repairs must be in keeping with their heritage guidelines.

Manda and Rob have made a considerable effort to inform guests of the hidden wonders that are part of the area, providing information packs about the local history and wildlife that abounds, and running guided tours of the lighthouse reserve and marine environs. Some of the beasts you can meet are sea eagles, gannets, rare ground parrots, lyrebirds, little terns, humpback whales, killer whales, fur seals, pygmy possums, swamp wallabies, native bush rats and the dusky antechinus – a small stocky carnivorous marsupial active during the day. Abalone and crayfish grow big beneath the surf. Bream, salmon, flat-head, mullet and gummy shark line up to throw themselves on your hook.

Wherever there is abundant wildlife there are also snakes. Common sightings include the red-bellied black snake, the tiger snake and the diamond python which is unique to the area and harmless. The pythons live in the warm rock walls, a useful deterrent to those intent on sitting or climbing on the antique stonework.

If you can tear yourself away from the verandah, you can choose from a range of activities designed to increase appreciation and awareness of this delicately balanced



A section of the well fenced organic vegie garden, adjacent to indigenous coastal scrub. Rob and Manda continue the lighthouse keeper tradition of self-sufficiency.

ecosystem. Walking and canoeing the Mueller River, dune walks past old shell middens, snorkelling, beachcombing, shipwreck walks ending at the wreckage of the SS Saros (washed onto the rocks in 1937), surf/estuary/rock fishing, swimming and biking are just some of the options. Point Hicks and the surrounding Croajingolong National Park support over one-third of Victoria's birdlife, and almost one-quarter of Australia's total bird species live here.

The Thurra River meets the sea nearby, with a campground stretching along the sand road between it and the gate of the lighthouse reserve. Each campsite forms a room-like clearing in the tall scrub, creating the illusion of privacy even when the camping ground is full. Rob has gained management of this area and has grand plans for its

'greening', such as composting public toilets. No vehicles are permitted into the reserve (excepting the caretaker's and guests) so walking and cycling on the road are safe and pleasant.

Since taking over the lighthouse two years ago, Rob and Manda have had all the accommodation they offer fully booked in holiday periods, and healthily occupied during the rest of the year. This place has a bleak beauty and resonance even in the depths of winter. They can sleep 24 people in variously priced rooms and have plans to extend the up-market bed and breakfast side of the business.

If you think this sort of life is for you (and the visitors' book certainly seems to contain a lot of folk who do), Gabo Lighthouse needs lessees (at the time I wrote

this), as do other heritage reserves around Australia. Parks and Wildlife were looking for people who have the ability to develop the tourism potential of these unique pieces of our history, preferably in a manner sensitive to the natural environment. In this business, hard work is rewarded by decent pay, and the obvious pleasure and lasting memories all the visitors derive from the place make it emotionally rewarding also. Rob and Manda employ backpackers and WWOOFers, to assist with painting, renovating and groundkeeping, providing a week of meals and accommodation in exchange for a week's worth of work comprising four hours a day.

For more information contact: Rob Coates and Manda Canny, Point Hicks Lighthouse, ph: 03-5158-4268.

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YACON

THE SWEET CRUNCHY TUBER

by Frances and Jeff Michaels, Maleny, Qld.

We have been growing yacon (*Smallanthus sonchifolius*, formerly *Polymnia sonchifolia*) for seven years and it is one of our favourite vegetables, a winter treat. Yacon is native to Colombia and Ecuador and is a hardy, attractive herbaceous perennial that yields a large harvest of tubers. The tubers have an appealing crunchy crispness that is a cross between apple and watermelon, with overtones of sugar cane. It is always a bit tricky describing the taste of a new food as we are forced to compare it to familiar foods, but generally it gets a very positive response, especially from children. It has a variety of common names including the descriptive sweet-root, strawberry jicama, ground pear and Peruvian ground apple. We prefer to call it yacon as this is the name it is mainly called in its native South America and it avoids confusion with jicama (*Pachyrhizus erosus*), another uncommon but very tasty root vegetable.

DESCRIPTION

A member of the sunflower family, yacon can grow to two metres in height with small, daisy-like yellow flowers. When growing, it is similar in appearance to Jerusalem artichokes, but is not invasive in the same way.

The plant takes six to seven months to reach maturity. After flowering, top growth withers and dies back and the tubers are harvested. They resemble dahlia tubers and on average weigh about 300 grams, but can weigh up to two kilograms. Once the soil starts to heave at the base of the plant, dig around to 'bandicoot' a few early tubers to extend the harvest season. The tubers continue to sweeten as the plant dies back, so the main harvest should only take

place once all the top growth is dead, usually by May. Don't leave it too long though, especially in areas that have mild winters, as the plant will start to shoot again as the weather warms up and the days get longer. The plant needs to be dug carefully to avoid damage to the crisp tubers. After separation from the central stem, undamaged tubers can be stored in a cool, dark and dry place with good air circulation for some months. The average sugar content of the tubers increases during storage because of starch conversion. They can also be exposed to the sun for up to two weeks to accelerate the sweetening process.

Yacon actually produces two types of underground tubers, reddish rhizomes directly at the base of the stem, which can be eaten when young but are mainly used for propagation, and the larger brown tubers, which are mainly eaten.

When harvesting, we separate the reddish rhizomes from the tubers and

wash off any soil, taking care not to break the skin. The brown tubers are dried in the sun and then stored. The reddish rhizomes are kept out of the sun and covered with slightly damp sand, sawdust or coco peat to stop them drying out and put aside for replanting in a dark, dry place. As soon as the rhizomes begin to sprout it is time to plant.

PLANTING

Prepare the soil by loosening well with a fork and working in compost. To plant, cover a large rhizome which has several sprouts, with soil to a depth of three centimetres. Mulch well. Yacon will grow up through the mulch, just like potatoes. Little weeding is needed as dense shade is created as the yacon grows. Plants are large and vigorous, so space them at least 0.5 metres apart. Yacon grows fast even in poor soils, but crops best in rich friable well-drained soil. Yacon can be planted all year round in frost-free areas

as it is day length neutral. It appears to be drought tolerant compared to other vegetable crops and, so far, pest-free. For cold areas of Australia, the rhizomes can be started in styrofoam boxes in a greenhouse, or on a warm verandah, and planted out when frost is past.

VERSATILE FOOD

We prefer to eat yacon raw. First remove the outer brown skin and inner white skin by peeling with a knife – the skin has a resinous taste – to reveal the amber coloured sweet crunchy flesh. Like all tubers, there are



Yacon tubers resemble dahlia tubers and weigh, on average, 300 grams, with some being as heavy as two kilograms.

no seeds to remove, so it is quick and easy to prepare. Chop the tuber into chunks and add it to green salads where it imparts a great flavour and texture. It can also be used in potato salad and Waldorf salads. When cut into long strips, they make an interesting addition to a plate of raw vegetable crudites for dipping into your favourite guacamole or cream cheese dip.

Cooked

It can also be boiled, steamed or baked with other vegies. In cooking, they stay sweet and slightly crisp. If boiled in the jacket, the skin separates from the flesh and can be peeled off like the shell of a boiled egg.

Dessert Or Juice

Yacon can also be used in a dessert crumble or pie with apples, pears or choko. The tubers juice well in an electric juicer and can be used to sweeten other juices, or used in juice combinations. In the Andes, they are grated and squeezed through a cloth to yield a sweet refreshing drink. The juice can also be boiled down to produce a syrup. In South America, the juice is concentrated to form dark brown blocks of sugar called *chancaca*. The young stem can be used as a cooked vegetable. Nutritionally, yacon is low in calories, but it is said to be high in potassium.

HEALTH

Yacon tubers store carbohydrate in the form of inulin, a type of fructose, which is a suitable food for type II diabetics. Type II diabetics are not insulin dependant and so can control their blood sugar levels through diet. Plants with the sugar inulin such as Jerusalem artichokes and yacon can be useful additions to their diet. In addition to providing living enzymes often lacking in a constricted diet, there is a deep sense of satisfaction in being able to have a sweet juicy treat. We have had reports from type II diabetics in our area that eating a small piece of yacon has lowered their blood sugar levels, but we are not aware of any research that would confirm this.

Given the ease with which yacon juice can be extracted, there is a possible future potential as a commercial crop to make sucrose-free foods for diabetics and dieters. Just as with sugar cane, the sugars can be concentrated to obtain a high-fructose sweetener. These sugars also have potential for use in making a bio alcohol for industry.



The plant can grow to two metres high and has a small yellow daisy-like flower.

ON THE FARM

Yacon has potential as a forage crop for animals, the leaves have a protein content of 11-17 percent and, when cut, the foliage sprouts again from the underground stems. The tubers may be a good cattle feed, for inulin is rapidly metabolised by ruminants. Additionally, the plant may be useful in agroforestry because it grows well beneath a canopy of trees. It is used as a soil protector because of its ability to maintain itself as a perennial species, especially in dry agro-ecological areas. In this case, don't expect a yield of tubers, but grow it instead for animal forage. We have numerous plants tucked into the landscape, which are attractive despite receiving no water. For best yields of tubers, however, a deep rich well-drained irrigated soil is necessary.

POTENTIAL

As a new crop yacon has potential for

small crop growers. We suggest you offer your crop to a local restaurateur, take some prepared pieces and explain how it can be used. Restaurants with a desire to provide fresh ingredients and a willingness to experiment will be at the leading edge of demand for this versatile crop. By selling to the end user you will get a higher value return. Other direct selling methods to consider include selling tubers to a juice bar or health food shop with juicing facilities. Selling at the local produce markets is a sure hit if you always offer free taste samples. This will also attract people to your stall.

Yacon is available from mid-June to mid-August from Green Harvest, 52G, MS 16, Maleny, QLD 4552. PH: 1800-681-014. Planting material: \$11 = 1 planting piece, information sheet and postage. Tubers for eating \$5 per kg + \$6 postage. A combination pack of 1 planting piece, information sheet, sample for eating and postage \$13.50.

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KITCHEN LIFESAVERS

by Jane Smith, Kilsyth, Vic.

As I sit down to write, a storm is raging outside my small unit. The tearing wind is blowing hard rain with it and I can hear a siren wail as an ambulance speeds by on a local street. It is followed by another, more strident, siren that might be that of a fire brigade vehicle.

The power has gone off here, but I can type on my sturdy old office banger, the Olivetti 82 that I bought at a church jumble sale years ago. Yes, I can still buy ribbons for it at a newsagency shop, but I need to retain my old spools and rewind the ribbons I buy onto them.

I can't make a mug of tea though. This is an all-electric unit, almost. I do have a gas heater with one small panel burning to keep the cat content. It isn't all that cold, really, but the cat is a bit scared.

I glance at my stack of back copies of *Grass Roots* magazine and feel like someone who knows there is a good store of food in the cupboards. *Grass Roots* is like that, a whole storehouse of information gathered while civilisation looked rock-solid. Rather like squirrels gathering nuts in high summer, isn't it? It is only when the first chill of approaching winter is in the air, that the wisdom of the squirrel becomes acutely apparent.

The value of old remedies in particular, came up recently in conversation between three retired nurses, reminiscing over morning coffee at a U3A class. Roma and Dawn and myself had a variety of nursing experiences in various parts of the world, but we'd all trained under the same system that was more like an on-the-job apprenticeship than anything else, back in the late 1940s and early 1950s. It was early days for antibiotics, so our training still included some methods of earlier times when infections could, and did, cost lives.

Infections cost lives now, we agreed, and at the time we were talking, medical units making their way to victims of the New Guinea tidal wave aftermath, were finding themselves faced with the tragic necessity to amputate limbs that had initially borne only slight wounds. So what can be done, we asked each other, at the time and scene of the kind of disaster that sweeps away just about everything? What can be done with simple materials that might remain, say, in the kitchen cupboards of a house? Disasters are not necessarily spectacular events. It is also a disaster when hardship strikes and we become isolated in one way or another.

Dawn and Roma and I looked at each other, and then the old memories set off the ideas and they began to tumble out. The conversation continued later as we became the last ones to leave the carpark to go to our separate homes.

'Attending to even the smallest injury at once, is surely the best insurance against serious repercussions at a later time,' suggested Dawn.

'And just look at what we may have to hand that disinfects and cleans dirt away, all in one go,' Roma came up with. 'Vinegar, that's it'.

'Vinegar of any colour will do, brown or white, or vinegar poured off the top of pickled onions or beetroot', she went on. 'Just so long as it's vinegar'. Then she went on, 'You mix it with boiled water, say in the proportion of one part vinegar to four of water, and you bathe the injury with it'.

'And,' said Dawn with a wide grin, 'you can bathe piles with the same mixture. And anything else that goes wrong in the same area, like rashes and thrush attacks. Okay, it might sting at first, just a little, but used on every visit to the bathroom, it heals and protects against further problems in that area.'

'Well, any area really,' I added. 'Vinegar and water bathing will heal and protect other areas of the body affected by prickly heat. When the skin is quite intact again, undiluted vinegar can be used on a regular basis to keep skin healthy.'

No doubt, I thought later as I drove home, there are some handy recipes in back copies of *Grass Roots*, for making up white vinegar or apple cider vinegar into a lotion by boiling it with rose petals and herbs or spices. Such a lotion, or just plain vinegar, kept handy in the bathroom in a small plastic bottle, can be sprinkled on tissues and used where needed.

Vinegar in all its forms, we agreed, can be used as a disinfectant and as an applied dressing. Tomato sauce has made a very effective 'ointment', applied to the wounds of people on the run during a wartime or civil emergency, when a medical outpost may be days away at the very least. Any kind of sauce, come to that, is likely to contain a whole range of antibacterial ingredients such as onions, vinegar, sugar, salt, spices, herbs and fruit.

Fruits and vegetables all have their uses in medical ways, with or without a break in the skin surface. Dawn could remember when a slice of freshly cut onion that was bandaged over the red and angry swelling of a developing boil, would result in the swelling and redness subsiding and eventually going away, and hence no boil erupting. The slice of onion was renewed twice a day, cut from a new small onion each time. (Cut-up onions used to be spread around in sick rooms last century, to absorb germs. They were then always discarded, so onions used as dressings, need to be freshly sliced).

Onions and garlic work well over unbroken skin where their antibacterial properties are absorbed, but on tender skin it might be wise to place a piece of gauze

material between the skin and the cut surface of the onion, and not to use garlic.

Garlic is stronger than onion. I remembered how it had acted like magic when my son at about age twelve, dropped a hammer on his bare toe and sustained a bruised toenail that he feared might have to be removed by the doctor when we got home from our visit to a beach cottage.

He was a willing volunteer to the application of a formerly derided home treatment: the application of the oil from a crushed garlic segment, on a gauze swab taped onto the toe. Garlic dressing by night, vinegar dressing by day, for about three days. The visit to the doctor wasn't necessary after all, and the toenail remained where it belonged, all inflammation gone and the bruise fading quickly.

Dawn hovered at her car door, key in the lock. 'I remember a really fine medical dressing for leg ulcers and bed sores, as well as minor wounds and cold sores and swellings,' she said. 'Vegemite, that was it. Or any of the similar yeasty and salty spreads of course. You spread it on old, ironed linen and placed in on the skin lesion and lapped over the edges all round. When it came time to change it, as often as it needed to be done, you didn't pull it off – you soaked

it off with salt water, gently.'

I said something about preferring not to be reminded how well my favourite toast spread works as a wound dressing, really . . . And Dawn came back with a humorous, 'Then in that case, I won't tell you how marvellous honey is, used as an ointment on everything that goes wrong with the skin, and for the eyes, and well, everything, inside or out'.

She grinned widely, knowing how I love honey in my tea, and always did, even before I read that honey and water was a favourite beverage of the ancient Greeks, and a medicine as well.

Roma and I didn't make our getaway until we'd discussed how effective fresh fruits like apple and pineapple, and especially pawpaw, have been shown to be in cleaning up and healing injuries and abrasions and ulcers. Raw, grated fresh potato, piled thickly onto old ironed cotton material, wasn't that also an effective and soothing dressing from our childhood days? And slices of raw, fresh tomato, bandaged on or wiped tenderly over a sunburn to cool and soothe it? A scattering of sugar on a wound that you dared not touch, only cover until you could get to medical help?

All of these foodstuffs can keep germs at bay and help prevent complica-

tions when there is delay in reaching proper medical treatment. A whole field of study surely lies here, in what can be done with what we have to hand when disaster of any kind strikes.

As I write, here in my unit the storm has abated and the lights are back on at the touch of a switch. Of most importance, what I can do is boil the electric kettle and make a lovely mug of tea, with honey added to it of course. I give thanks for the blessings of civilisation. But, as ever, there is this awareness that we need to retain old skills and knowledge of what even the temporary loss of modern facilities reminds us, just in case.

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SUPER GARDENING STRATEGIES

FOR THE SUBTROPICS

by Tara Andre, Doonan, Qld.

We featured the Hanson Family and their permaculture lifestyle in GR 132 in an article by Martin Hirsch. In this issue we take a closer look at Liz's secrets of success in subtropical gardening.

Liz and Mark Hanson know only too well the trials and tribulations of moving from temperate living conditions to the subtropics. Arriving on the Sunshine Coast from 'down south' three years ago, they quickly learned the secrets of successful gardening in their new home. Liz and Mark, both avid permaculturalists, now realise it is important to understand and respect local growing conditions rather than struggle with habits developed in the past.

To make life easier for people new to subtropical areas, or those planning to move north, we asked Liz to share what has worked for her. Liz has one of the best examples of a permaculture system on the Sunshine Coast. This garden now supplies her growing family with most of their food requirements.

According to Liz, staple foods such

as broccoli, European-style beans, carrots, potatoes, zucchini and onion can grow during drier, cooler months. During times of high humidity, heat, heavy rainfall, however, she has found these favourites impossible to grow organically. Time and energy can be saved by filling the garden with edibles originating from countries which have similar climates to our own.

Conventional spinach, with its habit of wilting in the heat is often the hardest to grow in this climate. These large-leaved vegetables make an inviting feast for grasshoppers and other leaf-munching insects. Try growing Ceylon spinach, Tahitian spinach, hibiscus spinach, manihot spinach, and Brazilian spinach, which are hardy and thrive on heat and moisture.

Kang kong is an Asian favourite for

salads and stir-fries. This plant can quickly overtake damp, shaded areas of the garden if not controlled, but Liz, with her larger growing space, finds it works as an excellent ground cover. For smaller gardens, kang kong can be grown in pots in water gardens, and is well worth the effort. Other hardy favourites are spring onions, Lebanese land cress and Japanese parsley.

To replace potatoes, which don't even store well in summer, experiment with yams, coco yam, taro, yacon, choko and arrowroot. These are easy to grow and delicious baked, steamed and included in recipes. Liz suggests that taro and coco yam can be grown in the main vegetable garden, as these require larger amounts of nutrient, about the same as potatoes. Cassava is a popular food in the South Pacific and kids love it grated, made into



Liz has found her series of built-up no-dig beds to be ideal for annual crops.

patties and fried. As cassava needs to be eaten fresh, this should be harvested as needed. A hardy edible, it can be grown in your food forest.

Corn does well in summer. Grow climbing beans alongside and they will use the larger plant as a living trellis. To replace traditional beans, try Madagascar bean, poor man's bean and snake bean. Madagascar bean is a fast grower and is probably best grown on a trellis or fence area you want to fill quickly. Chop and drop these for mulch if they take over more than you desire. These beans are all tasty and can become the basis of many meals during summer and winter alike.

To spice up your food Liz suggests that ginger, turmeric, cardamom and perennial chillies are all attractive additions in the garden. Herbs such as bush basil, aniseed, Thai coriander, perennial horseradish, garlic chives, French tarragon and Chinese celery are examples of herbs that love subtropical conditions.

Think out of the box when choosing the food you wish to grow and eat. Flowers from plants such as nasturtium, marigold, borage, dianthus, day lily, basil, elder, lemon balm, rose and sage are edible, adding colour and taste to salads, and stir-fries. She says these attractive additions have a delicious tang to them and can also be used as a garnish.

The unusual mushroom plant is a hardy substitute for mushrooms, and mukunu wenna, a small leafy ground cover, can be used in salads or lightly cooked. Another valuable plant is chilacayote which is the only perennial squash in the world. When picked at the size of a tennis ball, the fruit can be eaten raw like a cucumber, and when mature, eaten either as a dessert or as spaghetti squash. Chilacayote, according to Liz, has a distinctive flavour and can be made into delicious ginger jam.

For those wanting to grow fruit. Liz suggests cherry guava, elderberry, pepino, tamarind, rosella, mango and passion fruit. Bananas and pawpaws grow well, but pawpaws struggle when their roots are saturated for too long. They are happiest when in a well-drained area such as a rocky slope. Liz reminds us that green pawpaws can be peeled and sliced thinly and used as a vegetable in stir-fries and casseroles.

Newcomers realise quickly that although rampant growth of desired plants is welcome, weeds also love these conditions and strategies are needed to

keep them under control. Liz suggests filling in the garden with edible perennials which become rampant in summer but die back in winter to create a sustainable garden. These include manihot spinach, a tall leggy plant, and kang kong, which will also die back in frost. Although hibiscus spinach is an annual and dies back totally in winter, it reseeds easily during early summer months.

Weeds don't die back in winter and will choke your valuable plants if not addressed. She also suggests that a sea of assistance is created by planting support species, many of these are legumes, insectory and bee enticing.

Ground covers will happily act as minders for your soil and save the endless task of weeding. Pinto peanut (an attractive legume), strawberries, beach bean, and sweet potatoes are permaculture favourites. The latter, however, is not suitable for small areas as this plant will quickly cover areas you wish to protect. These ground covers will shade the soil, reduce the need to water and allow earthworms and useful organisms to work closer to the surface. Use of ground covers will also reduce the need to be continually pulling out weeds.

Pathways can be hard to maintain and strategies such as thick layers of newspapers and bark or sawdust can be helpful. Plants such as pinto peanut, pennyroyal and other ground covers can be attractive and quickly cover the path with a low, soft carpet. Ensure these plants can't sneak into your garden by employing thick rows of plants such as comfrey along the edges of your gardens. Arrowroot and lemon grass can be used along lawn edges, but not in your main garden, or where you need to bend down and work, as they will grow too tall.

Mulch is helpful to reduce weeds, but can be expensive. Layers of mulch 15-20 centimetres thick can disappear in up to six weeks in the subtropics. Save time, energy and money by growing your own. Pigeon pea and crotolaria can shade your garden and be chopped and dropped to help enrich the soil. This mulch will reduce the need to water because moisture is kept in the soil.

After trying many different systems, including chook tractors, Liz has opted for 7 large and 18 narrow raised beds for her annual gardens. These gardens include beans to provide living annual shade, angle luffa (a handy replacement for zucchini), Russian cucumber, rockmelon, and even small watermelon.

Growing melons on trellises allows air circulation and protects them from developing fungal diseases. Liz says she can't work in the garden beyond 8am in the hottest part of the summer and not before 4.30 in the afternoon. The living shade will not only increase growing area available, but it will protect plants from stressing in too much rain, wind and heat. Shade also allows gathering of food out of the blazing sun. Even working in the garden till it is pitch dark, Liz says, has been a hot, sticky job. 'You can't help but be lazy in the middle of summer,' she says.

Permaculture offers many solutions to problems in the garden, no matter where we live. This system of self-sustainability suggests we spend 80 percent of our time planning and only 20 percent getting our hands dirty. A few years following permaculture principles and gardens can be well established with minimal maintenance required. After that it is hoped we can all spend more time on the beach and enjoying the attractions that drew us to the subtropics in the first place,

Suggested Reading

Introduction to Permaculture, Bill Mollison.
You can have your Permaculture and eat it too, Robin Clayfield.

For information about the plants mentioned in this article, contact Care of Earth, 162 Duke Rd. Doonan 4562, fax 07-5449-118. Email: careofearth@ozemail.com.au

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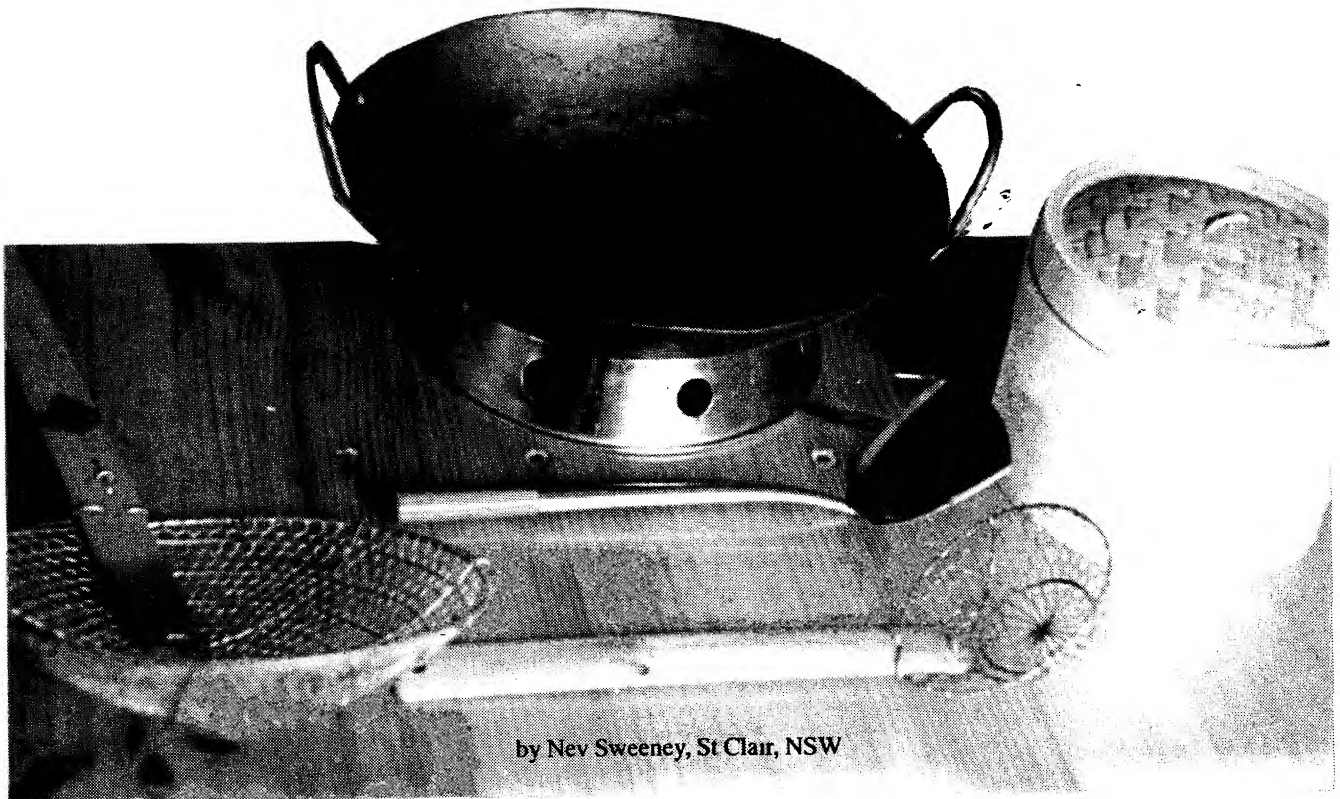
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WOKING WITH NEV



by Nev Sweeney, St Clair, NSW

I have always been fascinated by the wok as a method of cooking, the way it conserves energy as well as nutrients, its versatility in allowing you to stir-fry, deep-fry, steam, braise or boil your dishes with the one implement, and its low purchase price, make it a must-have in any kitchen. I received my first wok as a Christmas present about 12 years ago and now have three of varying sizes and they all get used on a regular basis. It has become a tradition with our family that I cook on the weekend and the wok gets a workout, so I thought I would share some of my recipes with you.

NEV'S FAMOUS FRIED RICE

From my experience there are two tricks to turning out good fried rice every time. The first one is to boil your rice some time before you want to fry it. Then wash out the starch and let the rice drain well in a colander. If you can, do this the night before then leave it in the fridge overnight. If you forget you can still do it in the morning, but doing it the night before is better. To have a feed big enough for a family of four and still have some over to freeze I start with three cups of rice and boil it in unsalted water for 12 minutes.

Ingredients

Assuming that you have preboiled your rice and now want to start frying, the following ingredients are good for a basic fried rice.

Eggs: I follow the 'one-for-each-person-and-one-for-the-wok' principle, so five is enough for us. To get that nice golden-yellow colour in the yolks these should be home-laid if possible, or, next best, free range. In the books they tell you to pour in the eggs once the rice is cooked, let them set and then stir through the mixture, but when I tried this I came up with a helluva mess. The way I do it now is to beat them together then pour, into an oiled, preheated pan or wok, then pretend to make scrambled eggs, but without any milk (there is no need to add any salt to the eggs either), then put them in a container for later.

Bacon: I use a 250 gram packet of precut bacon and precook it first until just cooked. Then pour off the fat and dump the bacon on top of the prepared eggs. If everyone is hungry, just cooking the eggs and bacon can generate some pretty serious interest.

Peas: These can be fresh, frozen or canned. We tend to use the frozen ones – about a good-sized mug's worth is

enough for this size dish.

Onions: Cut these up finely.

Fresh ginger: Grate about $\frac{1}{2}$ to 1 teaspoonful and it must be fresh – powdered dry ginger does not have the same effect.

Soy sauce: In most things you will hear me screaming that the Aussie product is the best, but this is one where I must face facts – the local mixed soy sauces are a pale imitation of the brewed Asian ones. We use Kikkoman for all our Asian cooking, but any of the brewed ones would be okay.

Peanut oil: What more can I say?

Serious Stuff

Having assembled your bits and pre-cooked the bits that need it, it is time to get down to the serious stuff.

Preheat the wok and pour in a glerish (about 50 ml) of peanut oil, using it to coat the inside of the wok. Now comes the second trick to turning out good fried rice, throw in the fresh ginger and use it to flavour the oil. If the ginger is left out, the fried rice seems to lack a certain something. The ginger only needs to fry for about five to ten seconds, then add the onion. Fry the onion until it is clear. If you are using still-frozen peas, they can go in at this point also.

Once the onion is clear, the rice can be put in and stirred around to separate the grains. From now on you need to keep the rice moving in best stir-fry fashion to prevent it burning, so it is usually at this point you realise what you have forgotten. While turning the rice over add the soy sauce every so often, how much you add is up to you. To say, 'add to taste' is a bit of a copout, but I have never measured how much I put in → it would probably work out something like 30 to 50 ml.

Now that the rice is starting to cook up, the other ingredients can be added to warm through. It is just a case of heating the rice up to eating temperature, probably about 15 to 20 minutes, depending on whether the rice was refrigerated or not and your heat source (I use an old kero primus).

If you want to dress it up a bit and make a Special Fried Rice, you can add in any number of ingredients: other cooked vegies, cooked meat, shallots, fresh or tinned minicorn, bean sprouts, prawns. It all depends on what you have handy and what you feel like adding. There you are, a real fair dinkum feed. What could be more Aussie than a steaming bowl of fried rice?

CHINESE OMELETTE

This is a good dish for early to mid-spring when all the chooks are firing and you have an overabundance of eggs. Have the following standing by:

- 8 - 10 eggs
- peas, fresh, frozen or canned
- shallots, some
- mushrooms, a handful
- cabbage
- bean sprouts, fresh or canned

These are the basics, but you could throw in cooked meat if you want – chook, prawns, pork (especially barbecue pork), and in a pinch I have also

used Spam! The initial step is just to break the eggs into a large bowl and whisk, then throw in the rest of your ingredients and stir them about.

At this point you may want to enlist someone's help to make the sauce, or do it yourself and then cook the omelettes. For the sauce you need:

- 1 cup of water
- 2 chicken stock cubes (or alternatively a cup of chicken stock)
- 1 tsp sugar
- 2 tsp soy sauce
- 1 tbsp cornflour
- 1/4 cup cold water

To make the sauce, dissolve the stock cubes in the water, then add the sugar and soy sauce, bring to the boil, slake the cornflour in the cold water and add to the boiling sauce mixture. Stir until the sauce boils and thickens then turn off heat and keep sauce warm.

Now to cook your omelettes, preheat the wok and put in 1-2 tablespoons of peanut oil, using the hot oil to coat the side of the wok. Once preheated, pour in some of the raw omelette mixture and let cook, lifting up the edges occasionally to check that it isn't burning. Now comes the tricky bit, flipping it over. This is best accomplished using two of the shovel-shaped implements used for wok cooking – called charms – but one charm and one egg flip or spatula will do. It is just a case of slipping one implement in under the omelette from each side, lifting up, then turning it over, and whammo you're done (sounds easy doesn't it?). Cook the other side, then use the same process to remove the omelette from the wok and place on to a plate. Pour your prepared sauce over it and you've got a good feed.

Before you pour in more mixture for the next omelette it might be a good idea to toss in a bit more oil to recoat the wok and prevent burning.

STIR-FRIED MEAT VEGIES AND NOODLES

Notwithstanding the very original name, this is a good, quick feed that the kids love, and, if you are sparing on the meat, it can be pretty cheap too.

The Meat

This can be just about any form of raw meat, but I either use pork or chicken in cubes or steak cut up very thinly – somewhere between 250 grams and 500 grams feeds a family of four. Cut your chosen meat up and soak it in soy sauce for as long as you can manage, with or without additions of crushed garlic, grated ginger, or both. Then stir-fry about a half-handful at a time in your preoiled, preheated wok until nicely browned. As each load is cooked transfer it to a bowl.

The Vegies

These are whatever you have available, but try to get a good mix of colours and textures. We use onion, broccoli, carrot, cauliflower, cabbage, mushrooms, tinned minicorn, peas and bean sprouts. Make sure that they are all cut up into thin bite-sized pieces and allow a good two cups of vegies per person, three



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not using meat. Wash out the wok after the meat and re-oil and reheat it. Stir-fry the onions until transparent, then add in the firmer vegies like cauliflower and carrot and stir-fry until half-cooked, then add in the quick cooking gear. A splash of soy sauce into the vegies at this point is good. Stir-fry until all vegies are cooked, but still crisp.

The Noodles

These can be any type, but oriental style are best, whether they be the 'two-minute' style, the clear rice vermicelli, or the thicker rice stick style. Prepare as directed so they will be ready to eat once the meat and vegies are cooked.

Now to put it all together, once the vegies are cooked put the meat back in and stir around a time or two to reheat. Put a serve of noodles in each bowl and then top with meat and vegie stir-fry. There you have it – a quick nourishing feed ready to be eaten with chopsticks and washed down with your patented rhubarb and choko cordial, a meal fit for a king!

VEGIES, RICE AND BEANS

This is a cheap, high-protein, meatless feed that doesn't taste too bad, but in our family at least, it isn't a big winner with the kids. To start off, follow the directions for the vegies in Stir-Fried Meat, Vegies and Noodles (above) until you have just thrown in the quicker cooking vegies. Then add a cup of uncooked rice (we use white but it's up to you) and stir-fry for a minute or two. Then add about two to three cups of chicken stock (water will do but chicken stock gives a better flavour at the end) and boil it up for 10 minutes or so, until the rice is cooked. If you have a lid for your wok, it will keep the evaporation down; if not, be prepared to add more water or stock. Once most of the liquid is absorbed, throw in some red kidney beans, either washed, soaked and cooked at home, or cheat (like us) and use a can, then stir to heat and serve. Be sure to keep things moving at this stage to prevent burning, and it's ready to eat.

So there you have it, food that is easy and fun to cook and mostly well liked by the family. It makes sense to have a traditional wok around the house, especially if you don't have access to energy from the grid, because you can use a wok on just about any energy source from wood to propane. So why put it off any longer? Go out and pick yourself up one today!

MORNING CHORES

by Judy Witney, Healesville, Vic.

It's 7am and the troops are becoming restless. One of the cats has already visited the bedroom three times and his brother is miaowing at the back door. I can hear the rooster tuning up outside and the horses are walking past the window and pausing to stare reproachfully. Breakfast is due.

I reluctantly throw off the doona and pull on my 'feeding' clothes. The dog beats me to the door and the cats scamper outside, tails high. I reach for the chook buckets in the half-dark and bring them in to add some warm water from the tap. Their breakfast consists of a mash, mixed the previous evening, with warm water added to make it a little more palatable these cold mornings. I feed the layers in the shed below the house, then the ducks in their adjoining compound. Invariably, their water also needs changing and they all race up to the fresh bucket to see who can muddy it first.

Next, I take the remaining feed bucket to the stables, on the uphill side of the house, about 100 metres away. By now the dog will be with me, having returned from chasing real or imaginary foxes. I frequently have to caution her not to chase the kangaroos as well, which are more likely than not to be

grazing around the house. Although they are wild they are attracted to the green pick in our garden and are slow to move out of the way. This is something of a mixed blessing as they are very large close up and whilst I love having them around, two metres or so away is a little too close. I'm often amused by the surprised tone of visitors who, upon arrival, inform me there is a kangaroo in the garden looking quite at home. Just an hour from Melbourne's CBD too.

The horses are next and, taking a short detour to a shed along the way, I collect two biscuits of hay. I'm greeted enthusiastically by the pair, as they jostle for the best position. Inevitably, the pushy Haflinger pony wins and his more polite Thoroughbred companion resignedly steps aside to await her turn.

The young, show poultry, housed in the stables, hear me coming and crowd around the door. I feed the pullets first and let them have a scratch in the grass while I attend to their brothers next door. Anyone would think this was the first food they had seen for a week by the way they surround the filled trays. Last of all, the drinkers are replenished and the dog licks out the empty bucket as I shut the pullets back in their enclosure.



The Orpingtons eagerly welcome their morning food – you'd think it was their first food for the week.

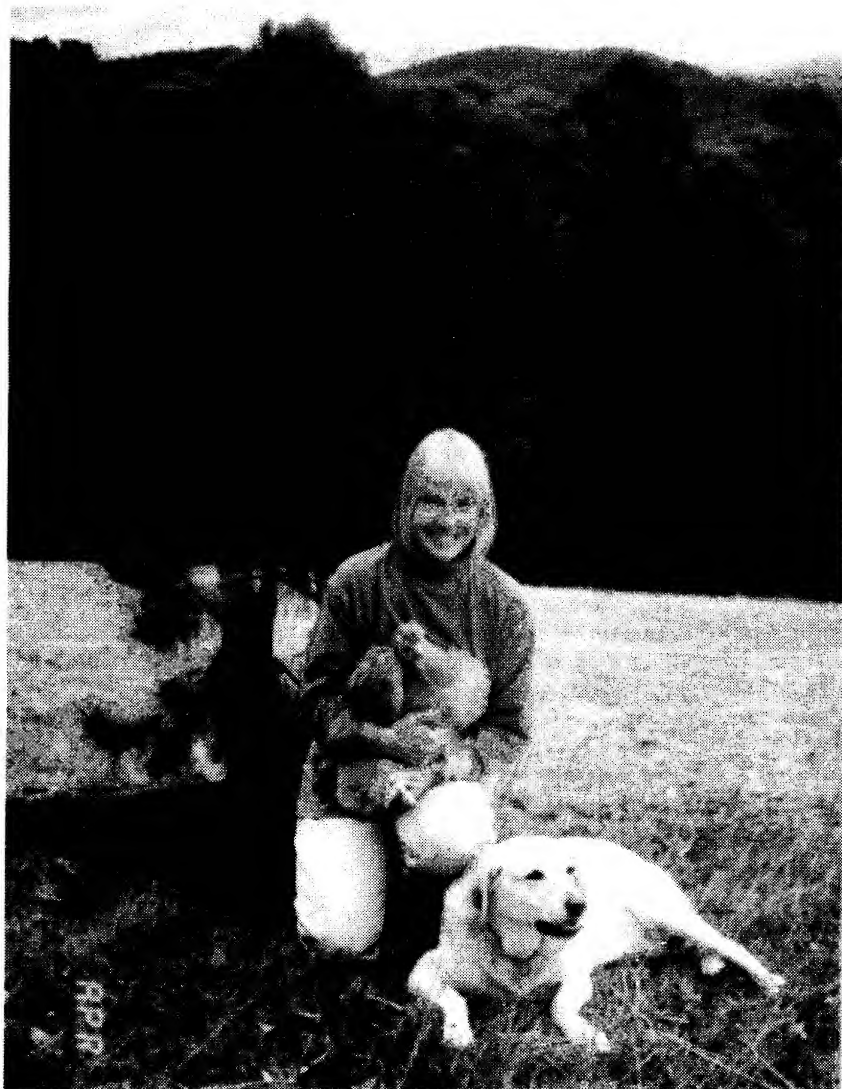
All the outside animals are now happy and it's time for the dog and the cats who have both re-appeared to have their turn. They beat me to the door after racing each other over the last 20 metres or so and wait impatiently as I remove my gum boots. The dog politely collects her proffered biscuit and trots happily to her basket for a good crunch. Last of all, the cats watch eagerly as warm milk is poured into their dishes with a sprinkling of dried food alongside.

Finally it's my turn and with time starting to press I quickly prepare tea and my favourite marmalade toast. The dog reappears in time to score the final crust. There's no doubt about Labradors, they have very healthy appetites.


Each season brings its little variations. Spring sees the resident magpies bring their young to the verandah for leftover crumbs. Summer mornings are crisp and cool, even when the day promises to be hot, and autumn mornings are filled with the raucous screeches of cockatoos and parrots disturbed from their illegal breakfast in our fruit trees. As for winter – well . . . the animals find the routine pleasurable and I must admit the exercise is invigorating.

At the moment, I'm being entertained by a group of swamp hens which live in the vicinity. They like to dam-hop from one property to the next and as I approach the stable they cross the paddock in front of me. They tend to move in single file and the spectacle of twelve or so long-legged birds hurrying past and climbing through the fence, one at a time, is highly amusing. My son calls them 'goony birds', which is rather apt.

With everyone fed, there are just 15 minutes left for a shower to be had and respectable clothes to be donned, then off to my job, teaching at a nearby secondary school where for the next eight hours I will face different pressures. Coping with young teenagers requires healthy self-esteem and a thick skin at times and I find the early morning feeding routine a real sanity saver. There is something very satisfying about being able to turn a hungry, anxious animal into a contented one. It somehow sets the day right and cushions the stresses that have to be faced during its course. My morning chores might mean I can spend a little less time in bed, but they're definitely worth the effort.



In the rural Victorian setting of Healesville, Judy Witney finds the satisfying routine of feeding the animals each morning to be an ideal start to a stressful day.



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KIPSIES

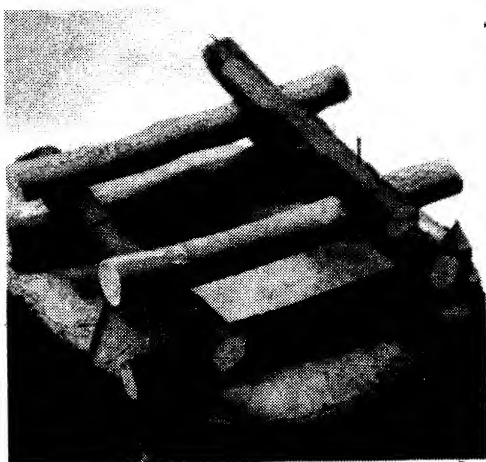
by Keith Upward, Darraweit Guim, Vic.

Every spring I seem to end up with more than my share of tree prunings. The smaller ones I usually mulch under the mower and the larger sticks I use for stakes and trellises in the vegie garden, but what to do with what's left? I was pondering this question when I remembered an article in one of my old English woodwork magazines. It was to do with making Gypsy baskets (kipsies) from hazelwood prunings gathered from the country hedgerows.

In Australia we are not overly endowed with hazelwood, but I am sure that our eucalypts and various fruit trees make excellent substitutes, in fact as long as the prunings are still in their green state at the time of making then most trees will suffice.



Above: A few swift blows with a mallet to the back of a hatchet or sharp knife will cut the rods to length.

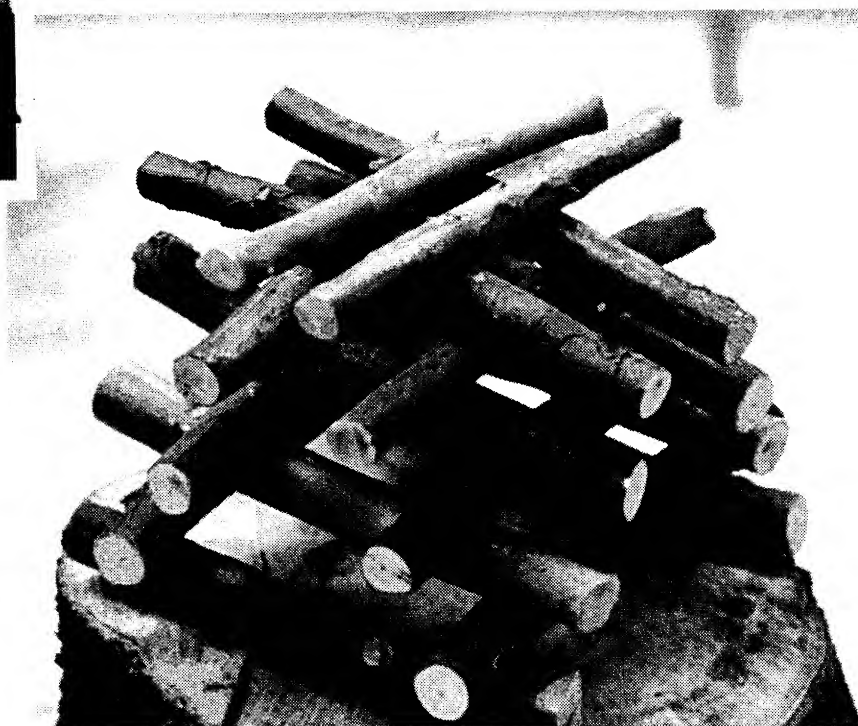


Left and below: Build the kipsie up in a pyramid style using pairs of rods.

MATERIALS

Out of necessity the Romany craftsperson travelled light, consequently only a basic tool kit was carried. For making the kipsie, the following simple tools were usually used by the Gypsies: small saw, to cut down the hazel rods; measuring device, for marking the rod lengths; sharp knife or hatchet, to cut the rods to length; mallet, to strike the back of the knife; hammer and pincers, for nailing the rods together and pulling out the bent nails.

I did in fact stick to using these basic tools to make my first kipsie, just to illustrate that almost any craft-minded person can make one without the need to go out and purchase expensive woodworking tools. I do have the luxury of a fully



equipped workshop and I will admit to taking full advantage of it to make subsequent kipsies.

If your prunings have dried out of their green state, you will need to use a fine pilot drill and candle wax lubricant for nailing the rods together, also some heavy metal objects to act as dollies will be useful.

CONSTRUCTION

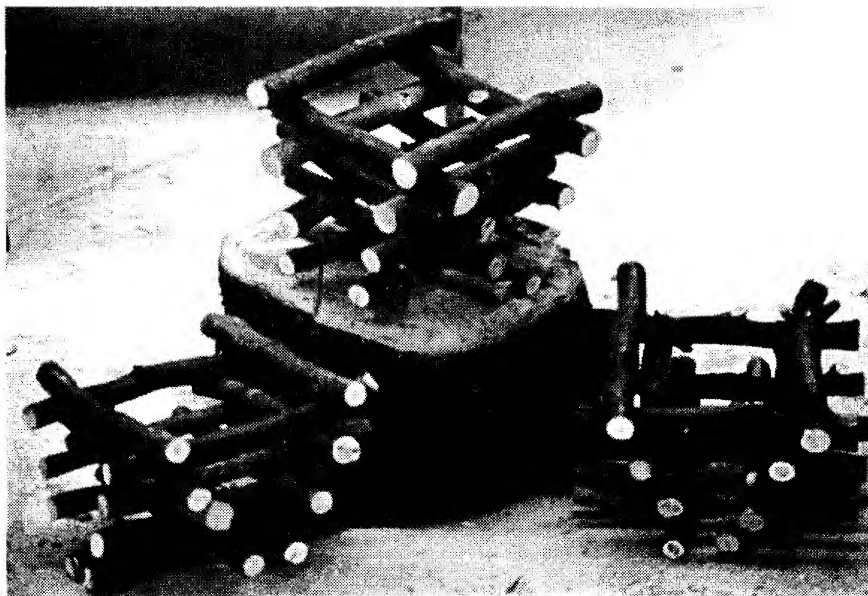
The kipsie is constructed by laying pairs of rods (approximately 23 cm lengths) in a criss-cross fashion and fixing them with panel pins (keep a selection of various sizes handy). Start with the top (widest section) and build pyramid fashion until the base is reached.

The handles (I find that new growth from my wattle trees is best, although any fast-growing suckers should suffice) are cut to the appropriate length and one end is fixed with panel pins. These must be hammered in at opposing angles to resist the considerable stress imposed when bending the rod around for fixing to the opposite side of the basket. In order to bow the handle in a uniform way, the rod, which must be green, should be teased by carefully bending it over the knee, using the thumbs and fingers to manipulate the rod into a supple state to avoid snapping it while fixing to the basket. Practise on a few reject pieces to get a feel of how the fibres react, you will soon gain that sensitive touch. The rod, being tapered, requires more teasing at the thicker end in order to obtain an aesthetically balanced bow.

Kipsies are easy to make and could be your first step to making your own stick furniture! I used mainly wattle to make my kipsies. This was due to the fact that on our half-acre, we are plagued by wild wattle, but next spring could be the turn of the plum trees and a couple of eucalypts to be pruned.

My wife dressed the kipsie baskets with a selection of lavender, scented pelargonium, blue gum leaves, wormwood and chamomile, then we hung them on the verandah. With a dried arrangement, they can be used as interior decoration.

In Britain, Romany women sold the kipsies door to door in the spring. They lined the base of the baskets with moss and planted them with wild woodland primroses. This is now illegal and, although probably necessary for conservation, it's removed another romantic pastime and income from the Gypsies, a people who were probably the first to lead the alternative lifestyle that many of us have often yearned for.



Top: These three are waiting for handles to be attached.



Above: Kipsie with handle attached and decorative arrangement in place. The handle is teased and made supple before being attached to the basket.

HOMEGROWN LIFESTYLE

by Vivienne Manouge, Angaston, SA.

I hate to start with a cliché, but how time flies! It seems such a short time since GR 100, and here we are celebrating GR's 25th birthday. And where have I been? Buried under a mountain of books, practically inaccessible to all but my closest friends, family and a very few others, getting myself (belatedly) an education.

I've kept up my self-sufficient lifestyle, of course, and I've also found myself quite unexpectedly the foster mother of a succession of orphan grey kangaroo joeys, the latest of which is almost old enough to go bush.

The good thing about self-sufficiency is that after all the years of hard work, planning, trial-and-error progress, triumphs, disasters and their aftermath of self-repair and regrowth, believe it or not a viable lifestyle does

emerge, and it's well worth all the effort. Now in my mid-forties, I've managed, after twenty years, to get where it's all working

out just as I'd planned it. Not all, but most of my food, much of my clothing including shoes and hats, parts of my home and sundries too numerous to mention are homegrown, homemade, or homespun – my philosophy of life also.

The garden's established, the trees in the orchard are mature, the growing, harvesting, preserving of fruit, vegetables, nuts and seeds and herbs are all second nature by now. Olives, dill cucumbers and gherkins in big stone jars, dried fruits and leathers in storage, fruit and flower wines, mead and vinegar maturing in the pantry, trays of homemade soap curing on the shelf. The chooks are happy, hard-working (in the orchard) and productive, and the goat care is routine: the milk, yoghurt, cottage and hard cheeses come rolling off the assembly line as regular as sunrise, while friendship with the goat species deepens and matures too. My little herd of Angoras and the cross-bred

ration goats are trouble-free. Usually I'm a confident shearer and spinning, weaving and knitting are part of the texture of my life.

It's a lifestyle full of satisfaction, interest and enjoyment; friendships have deepened and become richer and more satisfying and I even enjoy the respect and sometimes admiration of the local community. Best of all, I am much more at peace within myself now than I ever thought possible, because, in a world where so many people are 'off the planet' in their preoccupations and ambitions, so out of touch with Mother Earth, we Grassrooters not only have both feet firmly on the ground when it comes to the most basic things in life, but we've also got our hands deep in the earth itself. We're always drawing our

just that. But mail-order catalogues can keep you in touch with book shops and music shops, and whatever else might interest you, and can be as good as a browse in a whole streetful of shops. Specialist magazines can keep you up to date with the latest news, but participation is minimal.

Distance education has partly solved this problem for me. Taking up tertiary education as a mature age student is remarkably easy, and distance learning is a rapidly expanding, relatively new dimension in education in Australia right now. There's an ever-widening choice of courses available through TAFE, several good universities, and a number of other institutions, and depending on what you're studying, financial assistance from Ausstudy may be available. I've now made a

good start on my BA, part time, while also developing my skills as a writer, and this year I'm launching

myself exuberantly into the world of art through the Open Access College.

So for me, these last years have been a time of fulfilment on one level, with the coming together of my lifestyle, and of putting out new growth on that other level of education. Having met all my physical and material needs in a harmonious, environmentally sound, ethical, and earth-conscious way through self-sufficiency, I couldn't have had a better basis for growth on a mental level too.

And growing your own lifestyle teaches like nothing else does that spirituality too is right here, wherever you are, whatever you're doing right now, whether it's raking out the chook house or meditating in a church, hands in the soil or head in the clouds – spirituality is in all those things, and not something only the wise and good can attain. So a couple of years ago, in a spiritually reckless (adventurous?) moment which I haven't for a moment regretted, I (not

... whether you're just starting out, riding out the ups and downs, or getting to where it all comes together for you, take it from me, it's do-able, and well worth doing at that.

vitality and our health directly from the rich, organic soil we've painstakingly built up with the best of our love, our tears, and our hard-won wisdom over maybe the toughest years of our lives – mine, anyway.

For me, most of the hard work is over, and the maintenance now takes me only a couple of hours each day, and yes, life is good. In fact it's wonderful.

Yes, yes a thousand times, yes, all you out there in your different stages of attaining different degrees of self-sufficiency. Whether you're just starting out, riding out the ups and downs, or getting to where it all comes together for you, take it from me, it's do-able, and well worth doing at that. The rewards are all you could dream of and more.

Of course it's true that you are tied to your land to some extent, especially if you have animals, so it's possible to lose touch with the greater community, and from time to time I've let myself do

normally a joiner) joined the Order of Bards, Ovares and Druids to celebrate my love of nature and affinity with trees and plants in a new and exciting way. It's wonderful – fun, and full of wisdom, some new, some ancient, all of it life-enhancing.

And although I'm not rich, I still find I've got time to spare to participate in consciousness-raising and letter-writing campaigns against poverty, pollution and injustice. Amnesty, Greenpeace, Community Aid Abroad and others welcome such participation and it satisfies the activist in me as well.

Yes, it's a good life, and for its many joys I owe a great deal to *Grass Roots* magazine. Its inspiration, solidarity and sense of community have been invaluable, and sometimes life-sustaining for me, especially in the early years. *Grass Roots* more than any other magazine I know is not just a magazine, it's a whole community of like-minded people, warm, living, flesh and blood men, women and children, and the editorial staff are always refreshingly human and friendly – always a pleasure to deal with.

Grass Roots, in being there for me and for so many thousands of others over the past twenty five years, you have made an incalculable, high quality contribution to Australian culture. If you do as much again over the next twenty-five years, you will have much to be proud of.

FIX ATHLETE'S FOOT

Soak your feet in a warm footbath containing a teaspoon of water-soluble tea tree oil for fifteen minutes each day. Pat dry and then apply undiluted tea tree oil directly onto the affected area.

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WHAT'S ON

Many of the events mentioned in the previous two issues are coming to fruition soon. Take some time off from the chores, they won't go anywhere, get out and enjoy some of these happenings.

EVENTS OF INTEREST

Alternative Building/Power

As part of Going Solar's ongoing seminar programme, they'll be holding one titled, Owner Building, including Straw Bale and Earth Construction, on Saturday June 12th. The venue is at their store – 322 Victoria St, Nth Melbourne 3051. Phone: 03-9328-4123 for details. At the same venue is a seminar on Wind and Micro-Hydro Power on July 10th.

Save the Koala Month

July is Save the Koala Month, with July 30th being Save the Koala Day. The Australian Koala Foundation is co-ordinating a range of events designed to highlight the plight of the koala and to raise money for conservation projects. For more information about how you can be involved ring Sandee Carroll on 07-3229-7233, or visit the AKF website at <http://www.akfkoala.gil.com.au>

Sheep/Wool Shows

The Melbourne Sheep and Wool Show will be held on July 16th - 19th at the Royal Melbourne Showgrounds. Phone: 03-9281-7444 for details. The Fifth World Congress on Coloured Sheep and Their

Products is from July 6th - 12th at Deakin University, Geelong (Vic). Call 03-5983-1397 for more information.

Biodiversity and Threatened Species

September is National Biodiversity Month, with September 7th being National Threatened Species Day. Each state will be holding conservation events and activities to encourage participation in conserving Australia's threatened species. Phone 1800-814-401, or visit the website at <http://nccnsw.org.au/member/tsn>

Hobby Farm Expo

This expo will showcase information and resources for hobby farmers and those with large backyards. To be held at Landsdale (WA) on Sunday September 19th. For more information contact Simon Leaning on 0419-936-221, or Steven Toghil on 0419-863-391.

National Treetest

To take place at Leongatha (Vic) from September 24th - 26th, this event will celebrate all aspects of vegetation use and management and will be of interest to all landowners. Contact: Treetest '99, PO Box 110, Sale 3850.

LETS National Conference

Hosted by LETS Illawarra (NSW) from November 5th - 7th, this is a great opportunity for members from other groups to get together and share ideas. Contact: LETS, 328 Prince's Highway, Bulli 2516, or www.letsystem.its-aust.com

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SEEDLING STARTER

by Noel Carr, Darkes Forest, NSW.

I'd like to share an idea with those wishing to get seedlings healthily started during cold weather.

The closest I have previously come to this concept is the terrarium, or the sealed glass cases in which the early plant collectors carried their newly discovered specimens for thousands of miles so they would be safe and healthy on arrival.

Two young ladies, Megan Jordan and Sophie Mason, working with Wollongong City Mission, developed this novel plan for plant propagation. They were with a group of young people learning

about permaculture when they decided to do their own thing. Taking a spade they dug a hole 150 x 90 centimetres and 45 centimetres deep. This excavation was covered by a piece of perspex 200 x 120 centimetres (top material). In the below ground space they placed their seedlings.

We live in a very frosty area and after a couple of weeks the seedlings were thriving, amazing to see in the middle of winter.

as to miss a water table.

- On very frosty nights the glass top must be covered with hessian.
- The glass must have a certain amount of shade as season warms up.
- No need to water as it works like a terrarium.
- Slowly harden plants off before removal.

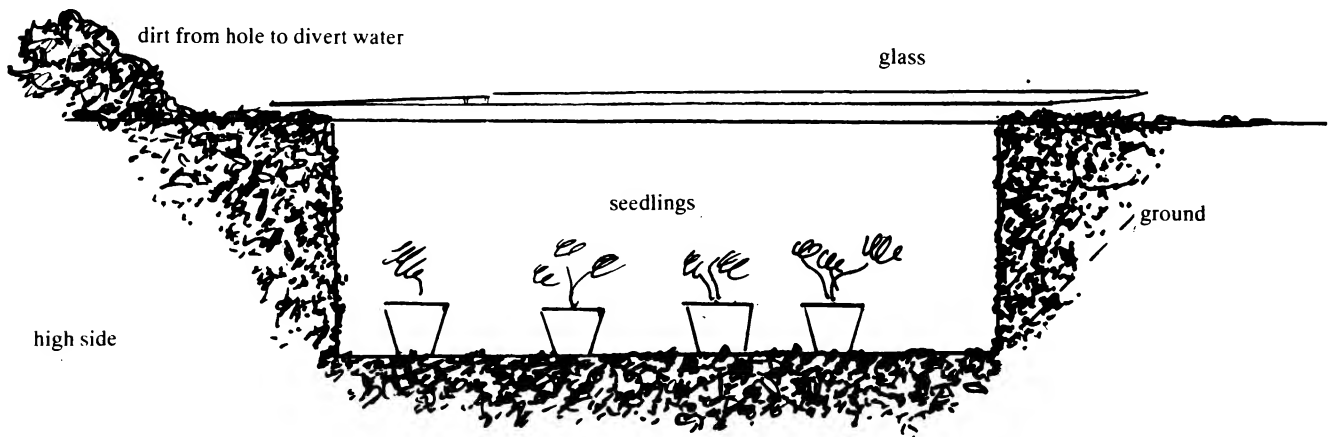
ADVANTAGES

- Fairly constant ground temperature.
- No need for timber or brick construction.
- Very cheap materials.

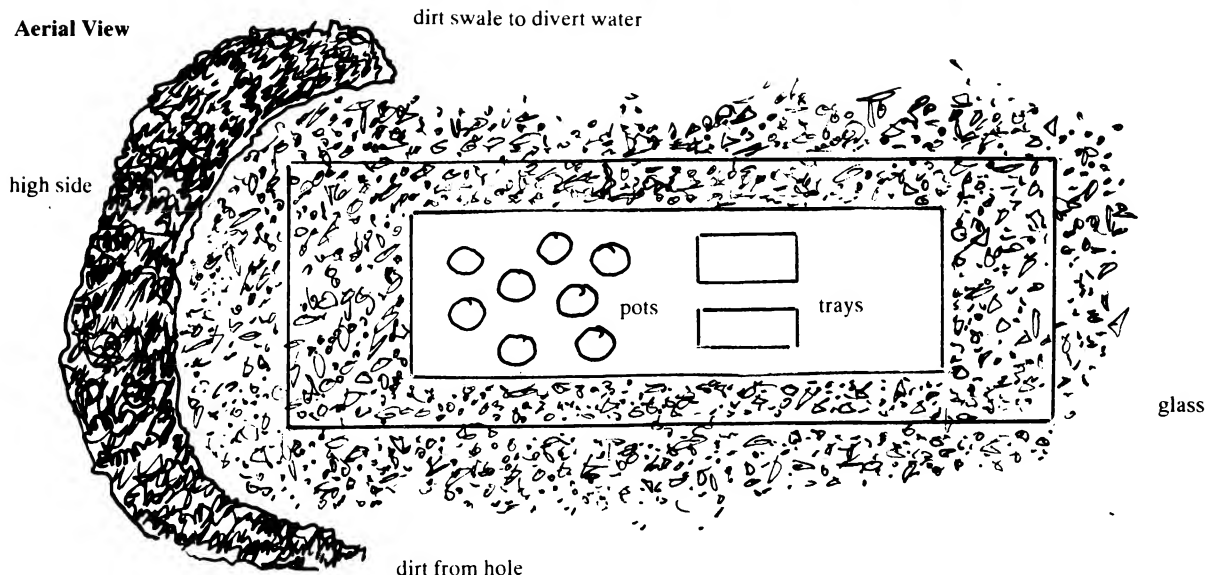
CONSTRUCTION TIPS

- Must be built on sloping ground so

Side view



Aerial View



EMU OIL

HEALING AND ANTI-INFLAMMATORY

by Beth White, Urangan, Qld.

In ancient times, emu oil was originally used by Australian Aborigines for the treatment of muscle and joint pains. They hung an emu skin on a tree and collected the oil that dripped from it. In some cases they wrapped sufferers in a freshly killed skin. The heat of the sun was used to liquify the emu fat and enhance its absorption qualities.

Learning from the Aborigines, early settlers in Australia used emu oil for painful joints, bruised and swollen muscles, burns, wounds and dry skin problems. It was also used as cooking oil and for keeping their leather riding tackle supple in the dry inland areas.

More recent developments, especially over the last ten years, have seen emus being farmed for their oil as well as for their skins and meat. Research and clinical trials are being undertaken in Australia and the United States. The major aims of the research are to identify the active ingredients, to develop extraction techniques, and to clinically substantiate the oil's effectiveness.

The oil comes from the rendered fat of the emu, which, these days, is filtered and treated to remove all proteins, bacteria and particulate matter. After this treatment the oil is odourless and either a clear liquid or a cloudy cream, depending on the ambient temperature. It has been frequently tested by government and private laboratories and found to contain a number of fatty acids. It contains no steroids or hormones and, when suitably treated, no bacteria. It has greater skin penetration than mineral oils, better moisturising properties, and a superior texture.

The emu is protected by the Convention on International Trade in Endangered Species (CITES). Farm-bred emus are raised on grain-based rations supplemented with pasture. Chemical additives are not used during the course of emu production. During processing, minimum interference is the key to retaining the natural properties of the oil.

EMU OIL PRODUCTS

Products are available on the shelves of health stores and some chemists.

Deep Rub

Deep rub has an emu oil content in excess of fifty percent and is used where maximum penetration is required. Testimonials tell of relief from osteoarthritis.

Sporting Rub

Sporting rub, best for muscular problems, is a liniment used for all aches and pains. It assists with relief from arthritic pain, tendonitis, muscular pains and general soreness by reducing the pain, swelling and stiffness. Many sports clubs use this product. It should be put on a bandage and applied to the affected area to 'soak in' for best results, especially where the affected area cannot be massaged.

Massage Oil

Massage oil, without the liniment smell, contains twenty percent emu oil, which can penetrate quite deeply, assisting with arthritic relief. Ideal as a sensuous massage oil, it does not leave an oily layer on skin or clothes but allows the fingers to slide freely over the skin.

Bath Oil

A relaxing additive to the bath is a bath oil which gives an all-over skin treatment and leaves the body refreshed and tingling. People with skin problems and conditions such as eczema have found some relief with the emu oil-based bath oil.

Hand and Body Lotion

For after-sun application or normal everyday work damage to hands, elbows, face and neck, a hand and body lotion is also manufactured. Emu oil has



a high concentration of nonpolar, mono-unsaturated fatty acids which make it easily penetrate the skin layers and carry other products with it. It does not leave a greasy film on the skin, so can be applied frequently during the day. Hand and nail creams are also available.

Night Cream

A night cream with a high percentage of emu oil is an effective moisturiser and penetrates deeply into the forming layers of the skin. It is effective for relief and repair of nappy rash, eczema and dermatitis, and is ideal for evening use on the face and neck.

The Future

Emu oil has superb skin penetrating properties and, with continued research, new medical and cosmetic uses may still be discovered.

DEATH TO DUST MITE

Researchers at the University of Sydney's Institute of Respiratory Medicine have found that eucalyptus oil significantly reduces dust mites in bedding. Soak bedding materials for thirty minutes in water containing both eucalyptus oil and detergent prior to normal washing.

From the Association of Societies for Growing Australian Plants Newsletter June 1998.

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THE TRUTH ABOUT TRESSES

by Heather Kozak, Dellicknora, Vic.

Roberino posed some thought-provoking questions about human hair in the Feedback pages of GR 129: Why does it grow where it does? Why do some cut their hair and others not? What was head hair's original reason for being? Why so many colours? What are the religious reasons for cutting it? Why do some have more than others?

I started out meaning to just answer his letter, but the mountains of information that I unearthed on this subject grew into this article instead.

WHAT IS HAIR?

Our hair is much more than a decorative tuft sprouting from our heads – a single strand analysed by spectroscopy (a means of measuring characteristic energy frequencies of different minerals) carries a full range of minerals such as potassium, calcium and magnesium, plus the trace elements zinc, copper, iron, manganese and selenium. The presence or lack of these can indicate nutritional imbalances. Hair analysis can also be used to detect toxic levels of metals such as lead and aluminium.

A hair is primarily a scaly tube of a protein called keratin, which is also present in our skin. It grows from a bulb within a follicle; the bulb contains soft cells which, by division, grow hairs. The soft cells keratinise and harden as they pass through the skin layers, and die once they are at the surface, thus the long strands that ripple from our scalps are merely the corpses of bygone cellular activity.

Each hair is structured in three layers: the cuticle, cortex and medulla. The outer layer, called the cuticle, is constructed of layers of scaly cells that overlap like roof shingles. The state of the cuticle determines how your hair looks. When the cells are lying flat they reflect light so your hair appears shiny; if the cells become damaged by overexposure to sunlight, detergents, chemicals and rough treatment, they peel and break, resulting in dullness from less light reflection. The follicle contains a sebaceous gland which manufactures sebum, a waxy coating giving natural waterproofing for our 'fur' and adding shine.

The cortex is the next layer, made of long thin cells that contain the pigment that colours the hair. The outer cuticle is transparent which allows the colour of the cortex to be seen through it. The cortex surrounds the medulla, a soft central core of cells. The keratinising of the protein cells is what gives hair its strength, the process being akin to the production of toenails.

WHAT'S IT FOR?

All mammalian hair, including human, has evolved from reptilian scale. The natural purpose of hair is to keep the skin warm and dry, trapping a layer of air next to the skin to act as an insulator. In cold weather the hairs stand up to make a thicker insulating layer; the muscle action of the follicles being visible as goosebumps.

Hair grows in the places it does for good reason, the scalp hair reducing the loss of body heat from our heads. Our brain functions are so vital that our bodies will pump blood up to warm our heads, at the expense of reduced delivery to the rest of the body, thus the evolution of massed concentrations of hair on our heads. Armpit and pubic hair grow specifically to facilitate the draining and evaporation of sweat, and also act as pheromone collectors. Pheromones are hormonal chemical substances secreted by all animals. Creatures of the same species (including humans) use these chemicals to communicate and to influence the behaviour of others in the species. Sexual attraction is based on pheromones, so ladies, think twice before shaving your armpits and legs!

WHY THE DIFFERENT COLOURS AND LENGTHS?

The hair of some animals is called fur, or wool, or bristles, and varies in texture depending on the scaly structure of the outer keratin layer. Each species has its own characteristic hair, the colours usually being an adaptation to their environment; for example, the camouflage dappling of the leopard. The different races of humans are characterised by different hair types as well, although inter-



breeding has reduced the magnitude of these differences. Typically, Caucasian hair is glossy and wavy with the hair strands being oval in cross section; Negroid hair is elliptical in section and forms tightly crinkled curls; Mongoloid hair is straight and coarser, circular in cross section; Latin Caucasian hair is dark, or black; Teutonic Caucasian is fair; red hair comes from a cross between the light haired and dark haired genes. Hence, your hair colour and type is decided by what tribe your bloodline was from.

The length that our locks reach is predetermined genetically. The life cycle of a hair is, on average, three years from first growth to falling out. The growth stage is called anagen, and the length of this stage is what limits the length of the hair (approximately 1000 days). This is followed by the catagen phase, where the follicle switches off and moves the hair toward the scalp surface (several days). Then comes the final stage, telogen, where everything rests for about 100 days, followed by the falling out of that particular hair. At the end of telogen, the follicle reactivates and the anagen phase begins again. At any given time each hair on our heads is in one or another of these phases.

HAIRSTYLES: TRADITIONS AND SUPERSTITIONS

Until primitive humans invented tools sharp enough to be able to hack their hair off, their hair length was decided by nature. Their long hair provided them, with great protection and warmth, but proved a hindrance during a mammoth hunt. Archaeologists have found evidence

of early people tying their hair back with rawhide thongs or suitable vines.

Because the head is such an obvious characteristic, and hair universal and free, hairstyles were used to denote rank, class, religion, gender, status, age and racial group. Someone could be summed up with a glance at their head, avoiding potential misunderstandings and conflict.

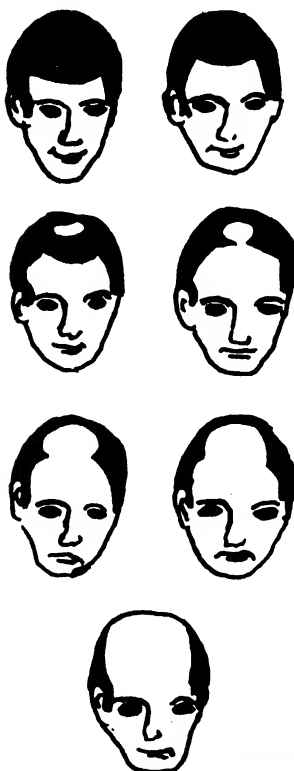
Many people believed that their hair and nails could be used as surrogates for themselves in magic spells and curses. This belief is not so far off the mark when we now know about DNA testing and hair analysis. Austrian Gypsies would cure illnesses by taking a hair from the afflicted one and tying it in a knot for each ailment. The sick person would then bury the hair in a secret place, and, as the hair rotted away, so the illnesses did too.

SOME BALD FACTS

Some of us have more hair than others due to the luck of the draw. People with blonde colouring usually have the highest concentration of follicles (this might be something to do with UV protection), brunettes come second and red-heads have the least. The average male has five million hair follicles distrib-

uted over his skin, one million of these are on the head, with one hundred thousand located on the scalp.

Male Balding Pattern



Balding is inherited by females and males, but it only shows itself in the presence of the male hormone. The hormone level determines the rate and onset of balding. The growth spurts during anagen shorten, and about a third of the follicles shut down completely. The typical pattern of male hair loss starts at the top of the crown, the long, visible, terminal hairs being replaced with the vellus hair found on the rest of the body. It thins outward from there, forming a priest's tonsure style. It is quite possible to be shining bald on top while the terminal hairs below the hair loss line still grow to astonishing lengths.

THE SPLIT END

While I was researching the answers to these questions I came across a lot of information about shampoos, conditioners and dye, both pros and cons. I am currently working on an article for GR about what all the ingredients are, why we seem to need hundreds of different brands, and what the alternatives are. I would appreciate any input from fellow readers in the form of shampoo recipes, natural hair colourings, historic and ethnic hair care, etc.

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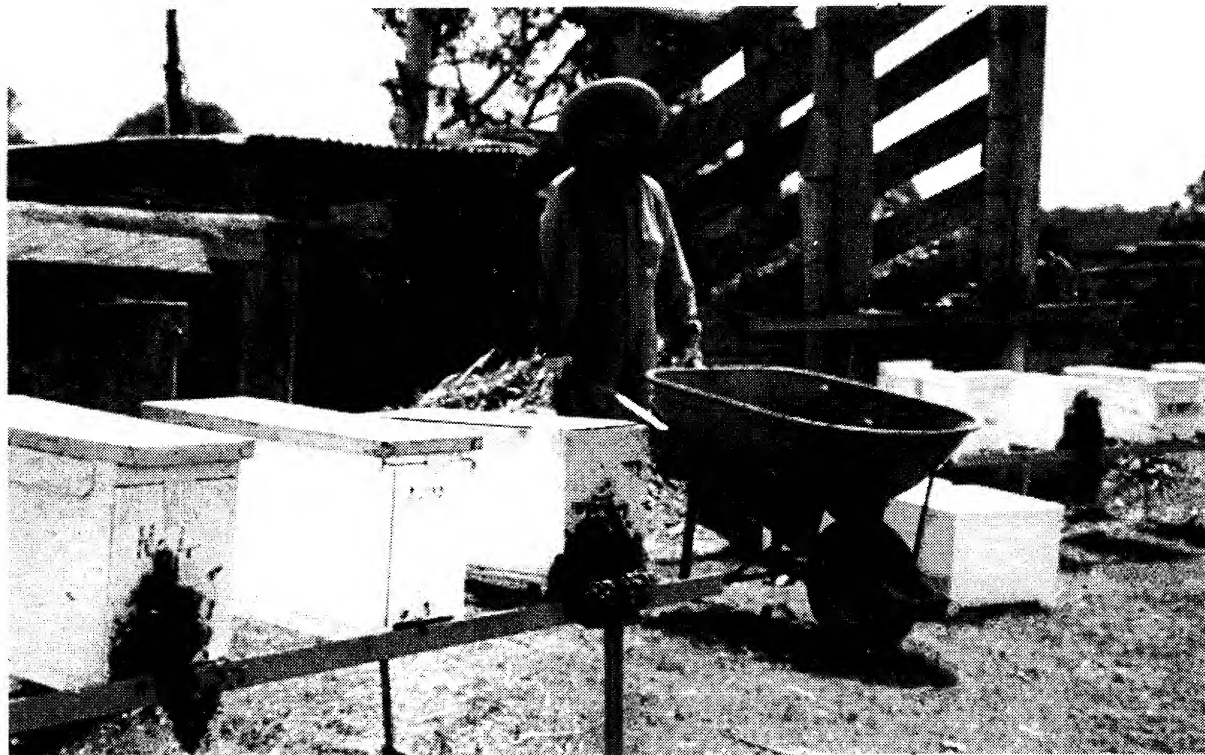
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I Wish I'd Known About Bees

by Gwen Deem, Yerra, Qld.

When my husband and I first started beekeeping, I was a complete novice. If I had known then what I know now, I don't think I would have even begun. It's probably as well that I didn't. I've written this article in the hope that it may help other novices like me escape the pitfalls we experienced. Now that we're well and truly into it, I really enjoy the time spent with our bees.



There are quite a few things associated with beekeeping that I wish my husband and I had known before we started, and so, through *Grass Roots*, I'd like to hand on what we've learnt to any would-be apiarists. The very first step is to ensure that your hives have been made with treated timber as they deteriorate rapidly outdoors – paint offers little protection if applied to untreated timber.

A crash course on the diseases of bees (and there are several), is a necessity in order to know what to look for when buying colonised hives. The vendor shouldn't object to a hive inspection providing the weather conditions are favourable. Or, if buying from a registered beekeeper, you could ask to see the latest honey sample test results that the DPI requires of all registered beekeepers. Any detected diseases would be listed in that information.

If possible, visit an apiarist and watch

the hives being 'robbed'. I didn't do this as my husband had kept bees in the past, but I did find it daunting when we opened our hives for the first time. I found it frightening having hundreds of bees spilling out of the top of the hive at such close proximity. I had a sudden vision of being enveloped in a cloud of aggressive, stinging insects. I really don't know that I'd have been so insistent on getting into bees if I'd seen this procedure beforehand. Luckily, neither of us were stung that time, although we have had a few since and I've learnt that honey, mud, or a cut onion dabbed straight onto the sting site once the sting is removed lessens the pain.

Next thing to consider is your apparel. I think most people would have a fairly good idea what's needed so I won't go into lengthy detail, except to mention that, in order to economise, I made our original outfits from an old

double-bed sheet. The jackets had a tube-like construction which enveloped our heads and I sewed a panel of mosquito netting into the front of it at face level. The outfit was then pulled on over a wide-brimmed hat. We looked just like white Bananas in Pyjamas. It wasn't one of my better ideas as mobility was restricted and the cotton netting was hard to see through. Nylon veils provide clearer vision and are very cheap to make. Eventually I went to Lifeline and bought us each a pair of combination overalls which only cost \$4 a pair, but remember to sew up the gaps between the fasteners down the front and the split beside the pockets, as we found out about this the hard way after a few bees found their way in through these gaps.

Your hat must have a wide brim to keep the net well away from your face. If a gust of wind blows the veil with a few bees attached against your face you can

be stung through the veil. We pull the legs of our overalls down over our gumboots for a really bee-proof fit. A pair of leather bee gloves with gauntlets to protect your arms as well as your hands is well worth the price.

Clearance boards are wonderful things. The idea of these boards that have a one-way exit hole, is to slide them under your supers the day before you intend taking the honey. The bees inside then exit downwards through the hole into the box below and as it's a one-way board, they can't climb back up into the top layer again. This leaves your super or top box bee-free, making robbing a simple task. In the past, we've had bees crawling all over the frames (and us) and had to brush or shake them off which makes them cranky.

Lino cut to size and inserted under your lids prevents the bees building comb from inside the roof down onto the frames below. Before we learnt this, we'd spend ages scraping off the build-up which resulted in wasted time, honey and comb, not to mention the mess it made of our gloves and hive tool.

When you're ready to 'rob', have an empty super on hand to pop the full frames into as you remove them and have a spare lid ready to keep the flying bees out.

The next step is uncapping. Originally, we used a large carving knife heated in a tray of boiling water to uncap, but then we really splashed out and bought a steam knife. This method works really well once you have the knack of skimming off the wax without gouging deep grooves in the comb, as I did at first. The knife costs approximately \$60. You also need a whistling kettle or an old steam vent pressure cooker to generate steam which is then carried through a plastic tube to the

knife. An uncapping wheel is available at half the cost and the idea is to wheel it across the capped frames, allowing the spikes on the barrel to pierce the wax, enabling the honey to escape whilst minimising damage to the comb. As we haven't tried this device, I can't recommend it, but the principle sounds good.

Extracting the honey is next. We managed to buy a small two-frame extractor in good condition second-hand for a reasonable price. At first we took turns in turning the handle at a really fast pace to spin out the honey. This requires a great deal of energy, so after a while Richard decided there had to be an easier way and adapted the chuck of his electric hand-drill so the honey could be spun out mechanically. A truly labour-saving adaptation.

Once the honey is extracted it's stored in a large plastic bucket with a close-fitting lid until we're ready to strain it. I use pantyhose bought specifically for this. I stretch them across the bucket mouth and then pour the honey through. It's quite an effective way to filter the wax out.

Wax can actually fetch a better price than honey. Once we've accumulated enough we melt it down and when it's cooled a little we pour it into ice cream container moulds to make wax blocks which can then be resold or exchanged for wax sheets.

Keeping bees is fascinating and I'm sure that we still have heaps to learn. But in the meantime, learning from these tips might prevent a few stings and help smooth the way for other beginners.

**** Life can only be understood backwards; it has to be lived forwards. ****

Søren Kierkegaard

FAMILY ENDURANCE TEST The Ultimate Self-Sufficiency

The search has begun for adventurous Australian families to participate in a six-month social science experiment in the harsh Kimberley region of Western Australia. Called Project Research 2000 Experiment, the aim is to identify the ideal human environment. This is to be attempted by developing and testing the working principles for an ideal working, learning and family environment. The Experiment will be guided by internationally acclaimed and published research expert, Mr James Salerno.

Participants will be required to set up their own community in which they live as a family, work and learn. The selection process will take into account family members, experiences and skills in bush craft, carpentry, mechanics, electrical and solar energy, horticulture and animal husbandry. Sounds like many *Grass Roots* families would be contenders!

For further information contact Deborah Hamilton Smith on 08-8388-4454, or Dr Naomi Perry on 08-8388-4229.



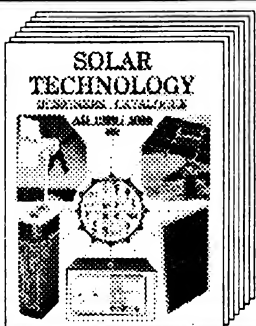
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SHED LIVING

A DIFFERENT PERSPECTIVE

by Roberino, Arrawarra Beach, NSW.

The article, 'Living in a Shed,' GR123 by Lyn Sheppard, is a typical tale of bush building. The worst aspect of building your own is the time factor which everyone dismisses, but which becomes a larger than life bogeyman in the end. Not the least concern is the way building materials always skyrocket when you're DIY and the budget gets wrecked.

One amazing idea I've seen which really saves thousands of dollars and keeps a bit of sanity in the whole idea of owner builder schemes is to have a roof on steel columns built for you by Ranbuild, or similar firm. This top quality roof is finished in a few days. Just hold that idea for a while. I said *days*.

Picture a cyclone-proof roof structure which you can work under even when it's pouring rain. You can get a huge roof for under \$10,000 and live in one end while you're building the walls of straw bales, mud brick, timber, concrete blocks – whatever you like. But before you even move onto your land you can have a roof over your heads and of course a roof catches water doesn't it? So you have a source of water for your tank. You live in an environment that is heaps cooler than a tin shed, as you're in shade with maybe a tent or old caravan under the roof's protection, and if bities or blowflies are a problem you can screen off easily with flymesh. It's a touch of luxury you owe yourself, believe me. As Lyn pointed out,



This double garage with carport lends itself to a variety of uses.

having building materials stacked near where you're living is just inviting snakes and other bities, so you keep the end you're living/sleeping in clear.

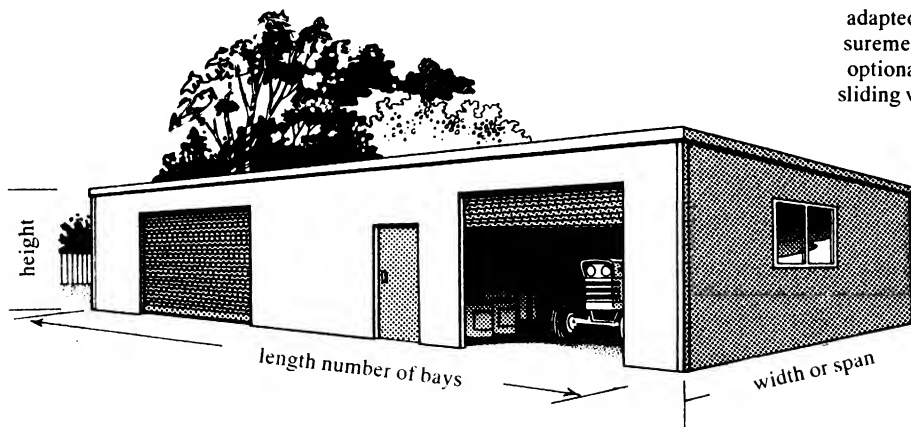
The size of the roof should be bigger than you think, as it's a lot cheaper today than tomorrow and you always need a verandah or carport in the end.

As a guide, the roofs I've seen like this have usually been approximately 20 metres long by about 8 - 10 metres wide and have worked out really well. The steel columns have been totally hidden by walls or, if you're not offended by steel columns, they simply get painted and become the verandah posts. If you're fussy, they can be disguised by log offcuts to look like stout timber posts. Timber log offcuts are usually just burnt so are free at most mills. A block near here

used them instead of weatherboards and saved a lot of money.

In some cases the roof on steel columns is called a hayshed, others a machinery shed. The roof material is Colorbond (or zincalume) to the colour of your choice, usually white if you're in a hot area, green if you're not. One guy I know was going to put timber shingles on top of the iron, but the last I heard he was putting that idea in the tomorrow, tomorrow basket and is secretly postponing it forever, and says a thatched roof may look better now he's thought about it a bit.

Why a white coloured roof if you live out west? On a hot day, in the local carpark, find a white car beside a darker colour and put one hand on each. You'll soon find out. White really reflects the



This Ranbuild design is capable of being adapted to meet a variety of needs. Measurements can be varied, style of doors is optional, as are placement of aluminium sliding windows, skylights and highlights, gutters and downpipes.

heat away from it.

Before you sign up anything, have a talk to your local council's building inspector for your area and discuss what you want to do. Pick his brains as he's seen a lot of buildings go up and will know of any local problems you will never have dreamed of. Where I built is very flat land and I was advised to mound the earth up about a metre higher than the surrounding ground to give good fall and drainage for the septic tank. Best advice I ever had because in a tropical downpour the house is as dry as a bone. Neighbours who knew it all and said the building inspector was a '... head' are in deep trouble when there is heavy rain. The toilet backsurges, with water and other things floating through the carpeted hallways.

There are many companies offering this kind of construction. Do your homework thoroughly by collecting and comparing their information. Most importantly, check with your council first. We asked Keith Upward, GR reader and retired public works building inspector, for his comments on the concept. As you will read (following), he sees no major problems but does have some relevant suggestions.

SHED LIVING

NO MAJOR PROBLEMS

by Keith Upward, Darraweit Guim, Vic.

I do not see any major problems with the idea of constructing a shed/abode as outlined by Roberino, except those you may encounter with local planning authorities. As to the writer's suggestions that the roof be painted white – colour is often subject to planning approval. The suggestion of building up the soil to one metre in height on flat ground is a bit ambiguous. This would be regarded as fill, which, under normal circumstances, cannot be built upon unless it has been left for years to naturally compact.

All buildings for habitation must be fully documented at the time of permit application. To discourage nonconventional building in some areas, very often a substantial bond is required to be lodged and not redeemed until every item of the specification is complied



with. An example of this strategy is in the shire of Cooloola, Queensland, where if you want to buy an old house and relocate it to a block in one of their new rural communities, a \$30,000 bond is required to be lodged until completion. This strategy, of course, disadvantages those people on a low building budget. Many councils do not allow, or like to discourage people from, living on site (garage or caravan) while building their home.

In my opinion, the concept is sound, but the best advice is in the article itself: Discuss the project with your local building authority before making any commitment.

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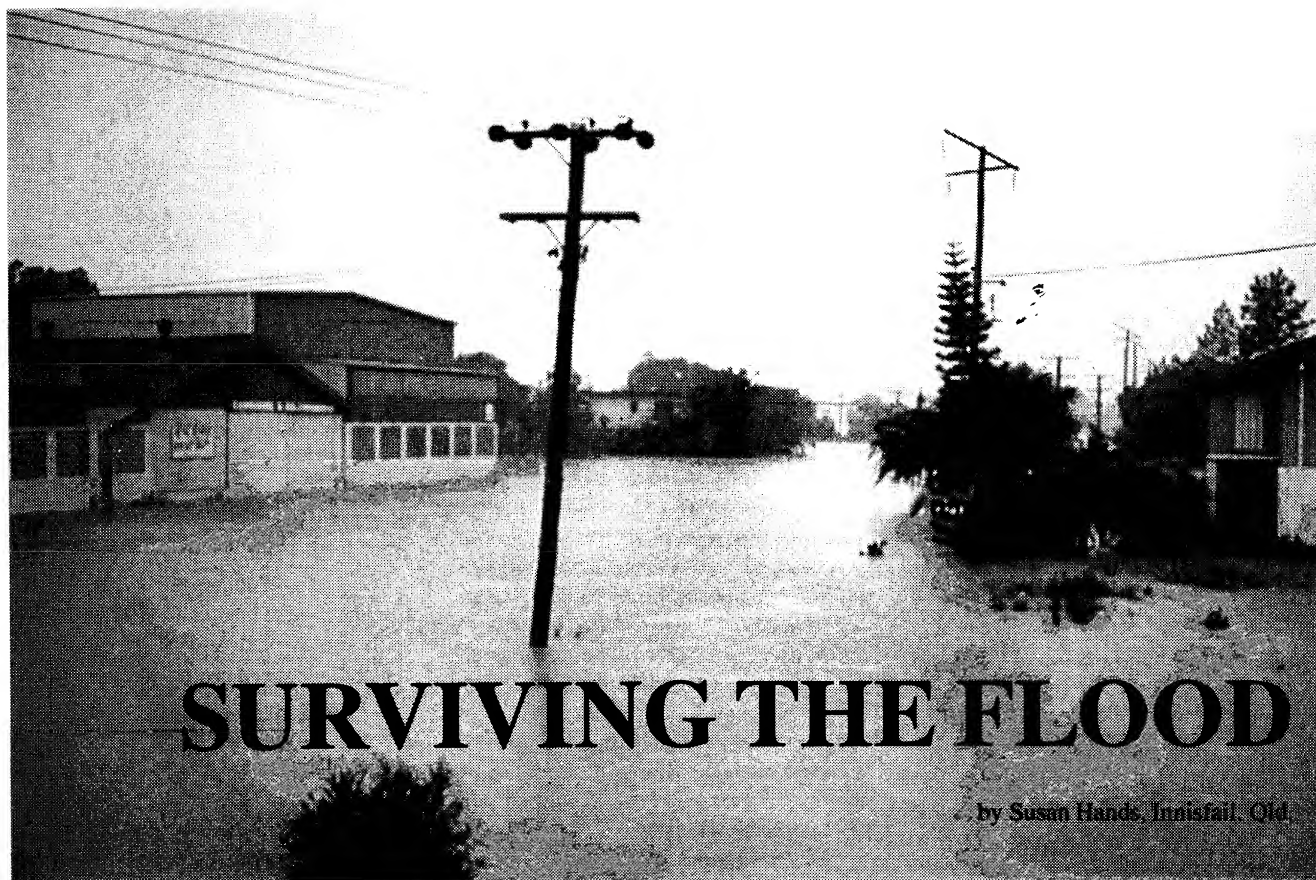
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SURVIVING THE FLOOD

by Susan Hands, Innisfail, Old

Well maybe not 'The' flood, not unless you have an ark and your animals two by two. Nevertheless, any flood that happens to you is one that needs surviving. So here are some survival tips from residents of the township of Ingham which, sad to say, has very regular major flooding.

BEFORE

- Know your area, that is, know whether you are in a flood-prone area and, if so, just how deep can you expect the waters to rise – this depends on the type of flooding. Some refer to the types as minor or major. These days councils have categories 1 in 2 year flooding; 1 in 5 year; 1 in 10 and 1 in 20. You can know your area through contacting your council and obtaining a flood level chart for your area, and through asking some of the locals.

- Check your insurance.
- Know what you have to lift or remove.

IMMEDIATELY BEFORE/DURING

- Odd as it may seem, ensure that you have enough water for drinking and cooking. You can't use flood water as it may be contaminated.

- If the flood rises into your yard, more than likely you will have no electricity so you will need a means of cooking, gas for example, or have tinned food on hand, and a means of lighting, such as torches or gas lights. Batteries for a radio are also important. You'll need the radio to keep up to date on the flood situation.

- If your house is at ground level, once the flood is in your yard, you'll have no working toilet, so make arrangements for this.

- Do remember your pets. In Ingham a flood is likely to last anywhere from six hours to three days – even the best cattle dog can't keep its head above water that long.

- Do keep an eye out for your neighbours – after all on a purely self-centred line, next time they might remember you.

- Be careful of snakes and other creepy crawlies such as spiders – like you, they are all looking for shelter and aren't particular about where . . . under your table, on your lounge, in your bed.

Some Don'ts

- Don't let your children swim in flooded waters – every year people are rescued from just such situations. Rescuing involves danger for all parties. Remember, even still backwaters can

hold dangers such as electricity wires and tangled rubbish.

- Don't throw your garbage into the water, have large plastic bags or bins for garbage – garbage in water increases the danger of virus infection.

- Don't go joyriding in boats or vehicles, every movement causes bow waves that may invade somebody else's house.

- Don't stay in your house when you know it's past the point of safety. Know your nearest flood shelter and go there.

AFTER

Do remember to pay for any goods such as bread or milk, delivered to your house by the SES. Very often these goods come from your local storekeeper and he/she has to pay.

And now you have to clean up. Sometimes you have to wait for insurance assessors before you start – always a problem. If you cannot wait (your business is losing money), then photograph everything: water levels, mud damage, water damage, property damage. Include a tape measure in your photographs for indisputable reference.

High pressure hoses are great if you have access to one – sometimes fire brigades will lend a hand. Shovels, rakes

etc are needed for the heavy mud, then a good broom and a hose. Now is the time to be careful of any cut or abrasion on your body, after all, you don't want an infection on top of everything else.

People survive floods year after year. And for the north Queensland gardener . . . well, look at it this way, the floods do come in our off season and, you never know, you might find your garden is now covered in lovely river silt.



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Ph: 03-5153-1034.

SEEDS OF HEALTH

by Alf Finch, Gympie, Qld.

There are two systems of seed saving for our vegetable food production. The super business system is following development of new seed varieties, particularly of hybrids. The other is the home gardener system using exclusively old traditional open-pollinated varieties.

Anyone who is concerned about food taste and nutrition and the ability to keep our own seeds supports the open-pollinated varieties. We cannot hope that the super business system will do the work of keeping taste, nutrition and true varieties for us for future use. So it is up to all those concerned to do something.

We were concerned about loss of open-pollinated varieties for some time, but because it didn't seem to be happening, or at least not happening too quickly, we may have become complacent or at best not done enough as a community of concerned consumers.

Whilst varieties have developed and changed over our gardening history our present open-pollinated varieties may be the last before they are lost to hybrid varieties which are inferior in taste and nutrition as well as not giving seed which will grow true. We will not do well to save seed of the new hybrids.

Recent changes in the super business supply of seeds in Australia could bring a giant leap in the loss of old traditional Australian varieties. We are very sad to see loss of availability of old traditional varieties, given that it is understood that they will be followed by new super business varieties. So, as home gardeners and

cottage industry producers we are the only ones to continue to save the seed of our choice for distribution.

As long as they don't cross – keep one variety only in bee flight – seed from melons and vine crops are relatively easy to save. You can eat pumpkin, rock melons and watermelons and save the seed too. However brassicas (cauliflower, cabbage etc) and beets benefit from cold, of which those of us in warmer areas do not have enough for adequate seed production.

Carrots and onions are not easy either. Carrots need to be dug up after one season with the typical and best ten percent replanted for seed production next season. The sorting and replanting can happen on one day, so plant in autumn, harvest and replant late winter and collect seed late spring/summer. The Chantenay varieties seem to be the only ones commonly available still. Onions need to be grown one year, stored, and the best replanted next year. If you can buy a bag of a guaranteed named variety this can be sorted and planted, saving one year's production, having already been grown by a commercial grower. Creamgold seems commonly available, but all others seem endangered.

Winter spinach already seems endangered, except Bloomsdale. Although open-pollinated sweet corn is not available commercially some suppliers seem to have adequate supply.

Elsewhere on this page is a current list of Australian suppliers of many open-pollinated varieties of seeds:

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HORSE SENSE

by Harry Piers, Carcoar, NSW.



Readers may remember the article in GR 86, which I wrote in response to Martin Klussendorf ('Farming With Horses'). Well, a lot of water has run under the bridge since. I trained my horses well, built a wagon for them, went on a few drives with them over the years, and undertook a 250-300 kilometre trip over three weeks, more or less a holiday trip. It was simply great! All the gear one needs is on the wagon. Picture us camping on showgrounds with people pulling up to take photographs and pet the horses, or coming into small towns, where feed merchants donated bales of good lucerne hay and large bags of first-class oats, and people came over with carrots and apples for Mick and Penny. It was just great to see old people, the looks on their faces. We brought back memories of going to school in a horse and sulky.

I sold Mick and Penny to some good horse people. They are eventing (combined driving it is called) now, and I'm happy to say they are doing well. They are in good hands. I miss them, but that is another story.

To Danielle Fowler, who was asking in Feedback; yes, it would be a good thing to go to town to do the shopping in a horse and buggy. I do not wish to put a damper on your dream, but, and a big *but*, there are a lot of safety features you have to consider first of all, for yourself and horse or pony.

With a horse and wagon, the horse is broken in to shafts and harness, but that

is only the beginning. You must have sound harness; do not use harness that has been hanging in the barn for years – it is not safe, it will break and could destroy your horse and wagon, yourself and any passenger on board as well.

When inspecting harness prior to purchase, double a piece over, between your thumb and forefinger, and press it together. If it cracks, leave it where it is. Never be talked into buying Indian leather, leave it alone. It should be good Australian leather for your harness, nothing less. Safety is of prime concern. Silco harness is acceptable. I had my harness custom-made to fit perfectly.

Then there is the driving. Starting off, the driver steps up on the vehicle first, with reins in left hand, looped in same. Sit down, arrange reins so as to be in control of your outfit; never have too loose a rein in your hands. Then, when you are comfortable and sure, ask your passengers to climb aboard quietly and sit down at once. Do not move off till all are comfortable and secure. Always drive with anticipation, your eyes fixed on the horse's ears, those are their signals to you. If the ears suddenly prick forward and the horse raises its head, be alert. They see things long before you do. Always drive with a good whip. It is not there to punish the horse, it is there to distract it from something it does or does not like. A light flick before the pad will do, never on the rump, some horses will kick.

On reaching your destination, passengers must get off first. The driver remains seated at all times. If the horse is not sure of the new surroundings, have a responsible person stand by its head, if need be, hold on to its bridle. Then the driver, holding the reins in the left hand, climbs off backwards, shortening the reins by looping, then walking towards the horse's head and rewarding it with a good short pat and/or a titbit, no more.

Always have a spare trace, a good bit of rope with you on your vehicle, leave it there at all times. Inspect your harness, clean it, never drop it on the ground, hang it up. Never let anybody else harness your horse up. Feed your horse one to one and a half hours before your outing.

I hope this gives Danielle and others of similar interest a bit of insight into the pleasures of horse driving. There are a few good books on the market which could help people become competent drivers. There are a few rules to observe; the most important requirement is to have good horse sense, to be able to read a horse's actions, and behaviour. If the horse is not behaving the same as it was the day before, check the harness – it may be pressing or rubbing; check the bit, the teeth may have to be rasped down. Find out what makes the horse act differently. Never lose your cool. Never hit a horse to punish it; you can holler, shout, call it names, but never hit the horse. If the horse gets ratty, put it away for the day. Good driving and good luck.

DRAINAGE PIT AND TRENCHES

by John Mount, Woodford, Qld.

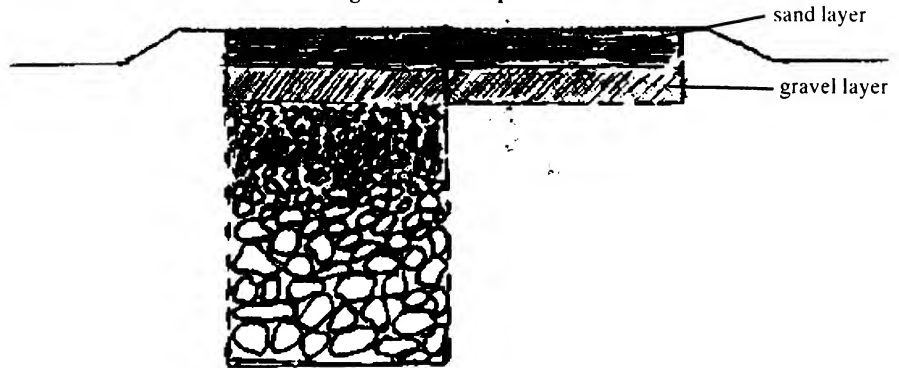
Drainage is something that we don't usually worry about until we need it and by then it's probably too late – as when drainage pits and trenches overflow and the home site is flooded with evil smelling waste, or just an evil smell.

The worst problem arises when your liquid waste won't disperse. Whether it's because of clay, rock, or difficult soil type. Digging an extra deep trench, often only delays the inevitable and before long (usually only hours) it too is full. If absorption doesn't work in deep earth works then the only other way, short of physically or mechanically draining the system, is to add one or more shallow trenches and rely on evaporation. Evaporation trenches can be continually added until all excess water has completely drained away.

Remember too, many near-perfect drainage systems do not always immediately cope with continuous rainfall; at their very best there will often be some smell and minor flooding after rain.

The ideal soakage or drainage pit for a camp site or home is best in sandy or loamy soil on a slight slope sited well away from the camp site or living area, and away from dams, lakes, creeks, and rivers where seepage could pollute the environment or your drinking water!

Drainage Pit with Evaporative Trench



Liquid waste collects between large stones and is slowly absorbed through walls of pit.

Before digging a drainage pit a calculation is made to determine how many persons will produce how much liquid waste over a certain amount of time, plus how much drainage material (rocks and gravel) will be needed for the pit. This will determine how big the pit will be. Remember, this calculation is best made when the soil absorption rate is known!

After determining the size of the pit required (and adding some for a safety margin), fill the pit around two-thirds full with large rocks or boulders. Then place smaller stones and gravel near the surface and finally sand at the very top (with soil last if necessary). The sand and gravel trap the

grease and solids at the surface of the pit, allowing removal later when necessary. The liquid waste filters down through the sand and gravel layers, finally collecting amongst the larger rocks, and is eventually absorbed by the soil at the bottom of the pit. If the grease and solids were allowed to travel down to the bottom they would soon coat the surrounding earth and prevent absorption. The large rocks at the bottom provide more space between them to accommodate more liquid waste.

The top of the pit should be a little higher than the surrounding ground and/or a small gutter should be dug around the top to prevent stormwater flooding the pit. If the pit proves insufficient, one or more small evaporation trenches can be added to handle any overflow. An evaporation trench can simply be a shallower longer version of the drainage pit.

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INSECT REPELLING HERBS

The piece on 'Stickfast Fleas on Poultry' reminded me of the following quote from Dorothy Hall's 'The Book of Herbs'.

'Wormwood and southernwood are recommended to be grown in poultry runs for shade. The birds will not scratch at them and their insect-repelling oils will keep lice and other vermin away from the enclosure.'

JB,

MURRUMBEENA 3163.

Wormwood in particular is a great plant for poultry runs, growing into large, spreading, woody bush under which the hens love to hide their nests. The pungent smell of this species may be the result of aromatic, insect repellent oils but it is doubtful it will keep either lice or mites away. Lice live their entire lifecycle on the bird and can only be eliminated by the use of a contact insecticide, either in powder or in a spray. Fowls are usually turned upside down when dusted so the powder gets past the thick feather fluff and onto the skin and lice. Dusting or spraying (or allowing leaves to brush against the feather covering) will have little if any effect on lice, the plumage being thick and impenetrable. Mites live in cracks and crevices and come out at night to scurry up onto birds to suck the blood. They must be killed by spraying with an insecticide or a solution made from quassia chips or tea tree oil. Painting perches and woodwork with some oil or diesel will kill mites that walk over the solution but the effectiveness lasts only a day or so. A jug of boiling water trickled over wood cracks or turned over perches is cheap and effective. The presence of wormwood may discourage mites hiding in nearby fence posts or under the bark on old trees but it will not stop them heading off in another direction and establishing a nest there. Thank you for raising the issue of the effectiveness of these two herbs, it gives us an opportunity to clear up confusion.

TURKEY POULT PROBLEMS

I have read the article in GR 46, 1984, about turkey keeping. It is my second year of breeding and I have been doing very well, but now and again in a hatching we get one chick with a wobbly head that turns upwards. After days they die. No one can tell me what is wrong with them. Can you help me out?

Can you also tell me where I can get some good books on raising turkeys.

Maureen Schmidt,
YARWEEN 4695.



It is not uncommon to find one or two poults slower than their brood mates and to lose them around 7-10 days. The last to hatch are generally the slow fellows, they frequently come from the oldest eggs and do not catch up with their more vigorous, earlier hatched siblings. Both commercially reared as well as backyard poults show a small incidence of 'rollovers', whereby a poult continually gets itself onto its back with legs kicking helplessly, and is unable to right itself. Stress, lack of food and water and trampling lead to a weakened condition and eventually death. You can probably save rollovers if you separate them and rear them on their own, checking for the first few days that they are both eating and drinking. Naturally, you should not breed from birds showing low viability. I have not found any explanations for this condition. Head bobbing, wobbling or being drawn back in an exaggerated manner are disorders on occasions in young poults, there being possible nutritional (lack of vitamin E) and genetic cases. It would be advisable to bring in unrelated stock to the breeding pen to minimise inbreeding. The latter could increase the genetic predisposition to neurological disorders like shaking or head wobbling.

Bellsouth, PO Box 1233, Narre Warren 3805, carry a range of poultry books including several on turkeys. They sell a comprehensive catalogue of all their products for \$5 posted.

DOLOMITE FOR STICKFAST FLEAS

Regarding stickfast fleas. I had spent a fortune on Maldison, traumatised the chooks, cats and dogs and come out in a rash regularly for five years. Then I read in GR, on the Livestock page a letter from R Scholz, regarding dolomite for scaly leg and lice. Luckily! I had lice on my chooks, so got a bag of dolomite and chucked it about in the chooks' area and over chooks at night. A couple more goes and that was it! So far, a few years later, not a flea in sight. I still have most of the dolomite left. It costs \$8 for 40 kg. I can never thank R Scholz enough.

C Langford,
ESK 4312.

NATURAL FLEA POWDER FOR DOGS

Here's a handy hint for readers! Combine a handful of ground pyrethrum flowers, a handful of talcum powder and crushed, dried pennyroyal leaves. Dust onto your

dog's fur. It can be made in larger quantities and stored in a sealed container.

GL,

WARATAH 2298.

KOOKABURRA ATTACKS

Re Kookaburra Pecking in GR 131, Livestock page. Years ago we had a few crows pecking glass doors and some got broken. I figured they were practising fighting



their reflections so I found an old poster of Alice Cooper and put it behind the glass. I didn't have long to wait as this was a full-on, full-time habit of the crows. One flew up to the door as cocky as ever to peck the daylight out of the rival crow, then it saw Alice Cooper! Have you ever seen a crow fly backwards? What a fright, what a scarecrow.

Roberino

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STARFISH INVASION

A seastar native to the north-west Pacific Ocean, the Northern Pacific seastar, has become a major ecological problem in Tasmania, being present in huge numbers in the estuary of the Derwent River in Hobart. They are aggressive scavengers that turn over the sea bed in search of food, disrupting the marine ecology and posing a serious threat to commercial shellfish farms. The Tasmanian outbreak is believed to have originated in ballast water. A recent survey has discovered thousands of the seastars in Port Phillip Bay. The presence of both adults and juveniles indicates that the pest is breeding and spreading. Marine biologists have confirmed that the Victorian population originated from the Derwent River population. Research is currently underway to discover how the seastars and other marine pest species are affecting native marine ecosystems.

ALBATROSS AT RISK

Greenpeace has issued a warning that some species of albatross are at risk of extinction because of illegal fishing in Antarctic waters. Juvenile birds spend five to eight years of their 85 year lifespan at sea, often in commercial fishing zones where they are frequently snared on long fishing lines with up to 20,000 baited hooks. Once hooked, the albatross drowns. Of 24 species of albatross 21 are at risk.

SOLAR FOR SYDNEY

In October '99 a \$57 million solar power cell plant is due to come on line. The plant, built by BP, will be capable of generating 50 megawatts a year, half the amount of solar power produced in the world in 1997. This will make Australia the third biggest supplier of photovoltaic cells in the world, after the USA and Japan. Exports from the plant are expected to total \$100 million by the year 2000. Seven million tonnes of green-

house gases will be saved by the power generated by solar cells from the plant.

FLEA TREATMENT DANGER

Flea sprays and powders containing the active ingredient methoprene are another possible cause of birth defects. In the USA, scientists have found that methoprene breaks down in sunlight to form retinoids which have been implicated in causing severe birth defects in both humans and frogs. In the USA, methoprene is widely used in waterways for mosquito control and has been suggested as a likely cause of widespread deformities in frogs.



Geelong Landcare participants planting trees as part of a serrated tussock control programme.

Photo courtesy Geelong Advertiser

THE TROUBLE WITH TUSSOCK

Millions of dollars in state and federal funds are being channelled into the planting of native trees on non-arable land in Victoria as a means of controlling the weed serrated tussock which has infested 130,000 hectares of the state. Grants are available to assist farmers with projects. Ironically, at the same time, there is concern about a related plant, Texas tussock, which was discovered for sale as an ornamental plant in nurseries in NSW and Victoria. This plant, given the opportunity, has the potential to become even more of an environmental problem than serrated tussock. Nurseries which sold the plants are now helping to trace them so they can be destroyed.

DRUGGED WATER

Pharmaceutical drugs including antibi-

otics, hormones, painkillers, tranquillisers and cancer chemotherapy chemicals are being measured in surface water, groundwater and tap drinking water. They are excreted by people and animals and progress into the environment via sewage systems, manure and sewage sludge. Many drugs are lipophilic, meaning they dissolve in fat but not in water. This enables them to pass through cell membranes and act inside cells. But it also means that, once excreted, they can enter the food chain, concentrating as they move through into larger predators. Chemicals produced as byproducts of the body's reaction with drugs (metabolites) can be more lipophilic and persistent than the original drugs. The presence of antibiotics in water and sewage sludge is a factor to be considered in the problem of bacterial resistance to these medications.

ENVIRONMENTAL INVOLVEMENT

People from all walks of life are increasingly becoming involved in hands-on projects to improve the environment. Some forthcoming events worthy of support include:

- World Environment Day, June 5th, can be supported through the Green Ribbon Campaign. Green ribbons can be purchased for \$2 from Coles and Body Shop stores.

- National Tree Day, July 25th, encourages the planting of native shrubs and trees on that day. A 1800 number will be announced closer to the day, whereby interested participants can find out the nearest tree planting activity. Alternatively, call Planet Ark on 02-9319-5288, for more details.

- The Bloomfield Environment Group is concerned about degradation of the Great Barrier Reef and its feeder streams and rivers, caused by silt-laden runoff from 70 kilometres of poorly constructed road on the east coast of Cape York, and is asking for support in its campaign to have this issue addressed. For more details contact Alf Craig on 07-4060-8023, or write to MS 15, Lot 6 Degarra, Bloomfield via Cooktown 4871.

FEEDBACK LINK-UP FEEDBACK

Dear GR Readers,

My husband and I have bought some land in a beautiful valley in the northern NSW region. Unknown to us at the time, the banana farmers in this area use aerial **SPRAYING OF CROPS FOR FUNGAL DISEASES**. This happens quite regularly on windless days.

Our house is nearby and we get the residues of the spray over our property. As I am very sensitive to chemicals I can smell and taste it in the air afterwards. Is there anyone who can give us information about the sprays used and side effects etc? Also, we want to put a stop to it, otherwise our only alternative is to sell our beautiful place and move. Someone must know of a way that can put a stop to this way of spraying.

E Nold,
C/- PO Box 117, SEYMOUR, VIC.

Dear Grass Roots,

I have been reading your mag for about 14 years and love it. Thanks. I have answered Feedback letters and wish everyone well. Now I am asking for some help. Is there anyone out there who made the move because they wanted to, even though they weren't quite sure if it was **THE RIGHT THING FOR THE KIDS**. I am interested in success, hardship and oh-my-gosh-don't-do-it experiences.

I have always dreamed of living in the country and did so, with husband (now separated), for four years. We all love it. My main concern is my children, particularly my son, 8. He is a nice kid, not rough and tough or footy minded and is very shy. His first school had 9 kids and he is just settling in to his new school of 160 kids, after 18 months!

It is not horrible here, just not country with a small country school. Are kids accepted readily into small country schools? I'm told 160 is a small school nowadays. Is your local primary school smaller? Are single mums accepted in small rural communities?

Del,
22 Wills Rd, SOMERS 3927.

Dear GR Readers,

We'd like to invite you to take part in Australia's first **SURVEY OF BEEKEEPING WITH NATIVE STINGLESS BEES**. Hundreds of nests of these tiny, black stingless bees are being kept in backyards and farms of back-to-the-earth people around Australia. Stingless beekeeping shows exciting potential for gourmet honey production and pollination of macadamia and other crops.

To date no systematic information has been collected about the bee species and methods being used and we hope with your help to produce a snapshot of stingless beekeeping in Australia today. Even if you keep just one nest of stingless bees as pets you can contribute vital information to this survey. We urge everyone to join in. So that we can all learn from the experiences of others, we will be publishing a booklet on the survey called *Tips on Stingless Beekeeping by Australian Beekeepers*.

As a token of thanks, every nest owner who sends in a completed survey by 30th June will receive a free copy of the exclusive and fascinating article 'The World of the Stingless Queen Bee'. In addition, two lucky nest owners will receive their choice of a quality gold-plated lapel pin or a specialised hive tool for opening stingless bee boxes. The survey is short, easy to complete and confidential. Please contact us for your free bee survey form or for more information about stingless bees.

Dr Anne Dollin,
Australian Native Bee Research Centre,
Reply Paid 47, PO box 74-G4, NORTH RICHMOND 2754
Fax: 02-4576-1196.

Dear GR & Readers,

We live on solar power and tank water and have raised three large, hungry, healthy sons, not to mention the goats, cattle, vegetables and native plants. Our **GAS FRIDGE** has ceased operations and we can't afford a new one. Finding a tradesman who knows gas fridges

and will come out to the property to fix it is proving difficult. Has anyone any advice?

Terry & Denise Walsh,
Yamboon Park, MEGALONG 2785.

Dear Grass Roots, Staff & Readers,

I have read a few requests for information on herbal relief for **CARPAL TUNNEL SYNDROME** and I would like to share my successful treatment. I was diagnosed with the condition in March 1998. The medical profession proposed no cure at all, simply rest (I am a masseur), so I asked my friend Dymock Brose who is a homoeopath if he could help me. The homoeopathic drops, *Ruta graveolens* - 6 x, No 111, had me as good as new within a month. I hope this information helps other sufferers of this terrifying condition.

Gaylene Miller,
20 Gunther St, ELIZABETH GROVE 5112.

Dear Readers,

Does anyone reading this magazine have any natural remedies for **CHILDHOOD ASTHMA**? Are there any experiences of something different, or maybe learnt over time. We live in Maitland, is the Hunter Valley renown for asthma? Is it true that the ocean air can help, or mountain air? Any information would be very helpful.

Sharon Ingersoll,
41 Zee St, MAITLAND 2320.

Dear Folks,

Has anyone had any experience with utilisation of **NATIVE BEE-TLES** like piedish beetles and cockroaches in similar ventures to the compost (not earthworm) worms? Many of our native bugs can be used in our home garden environment to enhance our soils by recycling the dead or decaying wood and spent plants etc. They have castings/droppings which can be useful just like compost worm casting. Dollars could be made from these too. We could utilise our larger cockroaches etc for farming. Many people think that beetles, bugs and cockroaches are dirty/unclean, but this is not true, they're not disease spreaders like the filthy American and German roaches. We are using macro fauna for their dung, but what of our native insects which are very efficient recyclers and could be harnessed too? I believe that the CSIRO had, and still has, some research teams looking into these ideas. It would be nice to hear from anyone via your pages who can enlighten us all on these very important issues.

Are the readers aware that we have a moth (emperor moth) which spins good quality silk? Here's just one 'farm' idea among many for some to take up as a cottage industry, or as a full blown manufacturing concern.

Barak Marschner,
Railway Cottage 211, Cottage Rd, PT GERMEIN 5495.

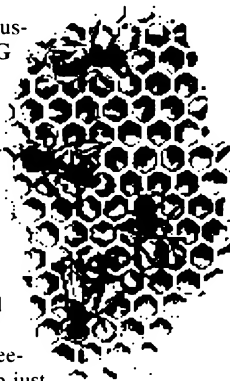
Dear Megg & all GRs,

We have been readers for many years and are most appreciative of knowledge gleaned from GR. We are into our third attempt to be totally self-sufficient and after 45 years this looks promising. However, at 73+ my wife and I don't have the energy of yesteryear. But the experiences have taught us much and our vision has broadened, also extended to incorporate vistas of life much more important than a simple lifestyle.

We too, like John & Evelyn, GRs125 and 127, are very **CONCERNED ABOUT SURVIVAL**. From our learning we now know survival, or the desire to survive, through the coming changes, and how to prepare for this, is important. In our seeking to learn how, came the need to know, if survival is successful what comes next? Here a whole new field of thinking and understanding began. Our initial interest in lifestyle living has led us on a learning curve which has broadened our vista and deepened our understanding of life in its totality.

I will be pleased to enlarge on any part of our experiences, should this be desired. Or to share information we have collected concerning changes or related subjects.

Dale Patterson,
RD2 Hikurangi, NORTHLAND NZ.



FEEDBACK LINK-UP FEEDBACK

Dear GR,

We are a couple trying to turn a quarter-acre block very near an industrial area into our own little permaculture paradise. We've been at it nearly two years now and are meeting with moderate success. We would like to hear from anyone else trying the same thing.

Also – we're looking for a little info on two things. Firstly, what contribution **SMOKING** makes to the levels of **GREENHOUSE GASES**. When you consider the number of addicts and how many cigarettes are lit up each day around the world this surely has a contributing effect. There's also the wood used in the production of both matches and packaging, land cleared for tobacco farming etc. Has anyone surveyed this area?

Secondly, with all the talk of clearing forests and the deservedly bad press this unnecessary evil gets, can anyone tell us how much land has been **REAFFORESTED** to repair a little of the damage? We'd like to see some positive info on what has been achieved as a whole.

Malcolm and Jelina Haines,
40 Manningford Rd, ELIZABETH SOUTH 5112.

Dear Readers,

I have been benefitting from GR for ten years now. It has helped me out many times. Thank you for that wonderful article on **STEVIA**, I've been searching for it for the last six years. Over the years I have read many helpful things in Feedback. Are there any readers who know how to **CONCRETE THE COOLITE BOXES**? You know, the ones you can get from the fruit shop. I read an article a while back and even wrote down the method, but you know what happened! Now I can't find the book I wrote it in. I would be very thankful for any information about this task.



Lyle Wright,
66 North St, CHINCHILLA 4413.

Dear GR,

We have recently bought a five acre property. We are trying to be country people in a city! (We are not far from the city.) We have only just started reading your magazine and love it! We wondered if any readers had any recipes for scotch whiskey, wine and tomato sauce (for pasta). We promise not to mix together and drink all at once!

118 Pacific Hwy, JEWELLO 2280.

We have had many wine making articles in GR. There was a series in GRs, 101, 102 & 103 and another in GRs 119-123. We have also had many tomato sauce recipes – try the one in GR95. Don't think we've ever had instructions for making whiskey. Is that legal! Why don't you send for a free back copies list to access all the info you've missed – just send a business-sized SAE.



Dear GR,

First up, I have to thank all involved with GR for not only what must be the most useful and informing magazine, but also the most heart-warming. It never fails to make me feel good and inspired.

Does anyone have any experience with **MENIERE'S DISEASE**. I have had it for a number of years and it knocks me around a bit at times. It can be a bit trying with a little baby (and five older kids) to look after. I am breastfeeding at the moment, so am unable to take any prescribed medication.

Also, any ideas for my young baby boy (born 31/10/98) who suffers terribly from **SILENT REFLUX**?

People are always asking questions in Feedback that I would love to know the answers to, so I would prefer replies to my letter to go into Feedback although you are welcome to write to me.

D Smith,
41 Anderson St, AVENEL 3664.

Dear Grass Roots,

Well I reached the ripe old age of 34 in January. Married, 2 kids, mortgage, three nursing certificates etc. Thought I had 'it' together. For the last five years I have been dabbling in growing my own veg-

etables, fruit etc, with many more failures than successes. After reading your magazine for the first time I sit here feeling like a Self-Sufficiency Teenage Virgin. You know, with the 'self-sufficiency hormones' racing so fast through my body I cannot think about anything else. Moving from the inner city is not an option, with too many reasons to bore you with.

My friends thought I was interesting when I purchased a box of tomatoes for \$5 and oven-dried and bottled them, and 'homely' when I made my own runny (oops again) strawberry jam. Drummoyne council looked at me weirdly when I asked about rules re keeping chickens; brought out a dusty book with the NSW guidelines and made it very clear that if any of my neighbours complained that was it. I wonder what they will say when we apply for a water tank?

I feel overwhelmed by my lack of knowledge. So here are a few questions for readers.

The seeds you buy at a normal garden shop. Do the plants that they produce give seed that you can use to grow more plants, or have they been bred so they don't produce seed, thus insuring the seed company's survival? Where can I get seeds from that give me more **SEEDS** (if you know what I mean).

PROPAGATING KITS seem good. Are they a rip off? Is a mini-glass house a good investment or how can I make my own? Do I just need egg cartons and a sheet of glass or is there more to it?

I have one massive **OLIVE TREE**. When should I feed it, prune it and any good olive recipes out there?

CHICKENS seem to have horror stories attached to them. They attract rats, their output destroys plants rather than helping them etc. Is this true?



My goal is to grow my own produce, but living in the city I worry about the **LEAD FALLOUT**. Does anyone know about the uptake of lead in plants, ie not lead dust falling, but once the lead dust is in the soil is it taken up by the plant? If so, which plants are prone to doing this? Can it be prevented? (I mulch all my plants heavily as instructed by the lead advisory council, but they don't seem to know about uptake of lead in the food chain.)

People seem to talk about **COMPOST WORMS**. Are these different from earthworms? If so, is there a good compost worm book out there?

Mrs Helen Russell,
1A York Ave, FIVE DOCK 2046.

Dear Megg & Team,

This is our first letter to GR, although we go back to GR9 and still have every magazine since. Thanks for all the pleasure, enjoyment and practical help we have received over the years. We still live on our 1/4 acre suburban block and probably always will. We enjoy growing our vegies and fruit and our chooks. Would still like a few acres in the country if we could afford it.

Anyway, the reason for this letter is we need some help. Our problem is **RATS**. There are droppings on the top of our two shadehouses, on the garden paths, and some nights we hear them running on the roof of the house, we also get them in the roof. The chook shed is ratproof so no problem there. We have twice had pest control companies bait the house roof and backyard, but still we have a rat problem. We have tried using traps, but they always get set off, smart rats. Most neighbours have cats or dogs so there is plenty of food left out at night for hungry rats.

Is there an article on rat control, or better still destruction, in back issues of GR? Maybe you could put a letter in Feedback. There would have to be someone in the GR network that would have the answer.

Dave & Maureen Hines,
1 Alfred Rd, RIDGEHAVEN 5097.



Contributors and correspondents who want letters or articles returned are requested to include correct postage.

FEEDBACK LINK-UP FEEDBACK

Dear Megg,

Re **SERICULTURE**: I have been spurred on by an exciting reaction to what I contributed to GRs 127 & 128, if my fan mail and individual children's essays are any guide. I faced up to five classrooms a day, pupils and teachers swarmed over my exhibits of silk garments and thread works. I packaged off one square inch of eggs on blotting paper to various schools. Your mag is widely appreciated. Next season they have thousands that they can now distribute. New trees are being planted with a renewed vigour by the generation now themselves teachers who missed out in their childhood on this wondrous seasonal event. I hang with pride awards from principals. Wall space is now running out and I am overwhelmed with the joy we have started. It comes to me from as far away as Darwin NT and Tully Q, even Vic. I am sorry I can't face these faraway classrooms. Thanks again *Grass Roots* and the crew.

Bridget Mahoney,
14 East Cres, **HURSTVILLE GROVE 2220.**

Howdy all at GR,

My partner Vicki and I have finally found our piece of earth that we can nurse up to the point where it can provide us with most of our daily needs. Small town, small community, small purchase price, small rates. We've planned out areas for orchards, vegies, poultry and vines. The place already has good shedding and workshops, a comfortable three bedroom house and an inground pool, plus plenty of mature trees. I think we're on a winner, if enthusiasm and planning count for anything that is. Anyhow, thanks for the continued inspiration and all those excellent animal stories that I love so much.

Anthony McKenzie,
'The Retreat', Lot 2 Station St, **GEROGERY 2642.**

Dear GR Readers,

I'm about to embark on a professional **COURSE IN HOMOEOPATHY** by correspondence and I'm wondering if there is anyone out there in my area studying it as well? I have already done an intermediate course in homoeopathy and would love to meet others interested in it.

Kimberlee Soule,
RMB 1680 Goulburn Valley Hwy, ALEXANDRA 3714.
Dear Grass Roots,

We're recently converted to GR, thanks to a friend's loan of back copies. I was so impressed that I took out a subscription for my husband! I think it's saved our marriage, we now sit down after tea, read and reread our few copies of GR and **REALLY TALK**, have something in common, sharing a common dream!

My real reason for writing, and please don't laugh but I'd love to **GROW BANANAS IN A WOOD-HEATED GREENHOUSE**. I'm already growing oranges, ginger, sweet potatoes in my plastic greenhouse. As bananas are really expensive down here, I'd love to try them, but where do I get a banana plant from, or is there such a thing as seed? Nurserymen just look at me in utter amazement when I ask them! It does get warm-hot in Tassie (28-30 C), but cold in winter (below zero). I know they will grow outdoors as far south as Sydney. So I'd love some helpful advice from GR readers. Can pay postage/freight where necessary, but write first please. Showed my city sister-in-law your magazine and she was so impressed she's going to take out a subscription. You're to be congratulated on a very informative, down-to-earth, back-to-basics magazine.

Berni Moolenschot.

We're sure it can be done, if you're determined enough, but you'd have to really love bananas to make the effort of providing a suitable climate. Good luck and let us know how you get on. Please send us your address.

Dear Grass Roots Readers,

I am searching for information/recipes on **SOAP MAKING**. I am interested in making and trying a number of varieties using all sorts of ingredients. If anyone has any recipes they use and like, I would love to read up on them. Thanks for everything GR.

C Bronk,
7 Adelaide Ave, **MT WAVERLEY 3149.**

We have a collection of soap making articles from previous mags. Send \$5 and a business-sized SAE.

Dear GRs,

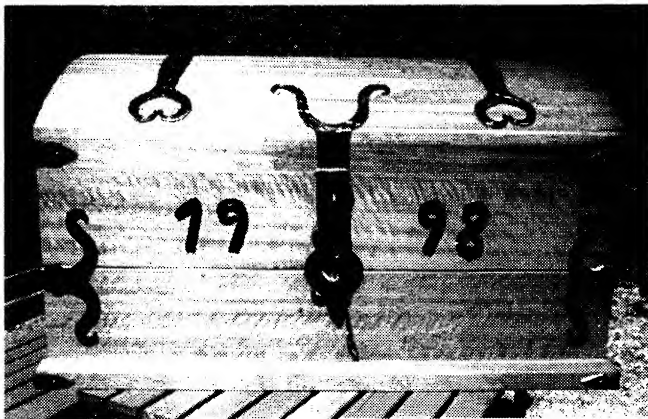
Especially to L Zinnack about **ARTHRITIS**. Some twenty years ago I could not lift my arms above my head, then I meet this lady who advocated I cut out all citrus fruits, and potatoes, cucumbers, tomatoes, pickles, all nightshade vegetables, from my diet, and it worked.

I am very active, working my forge, riding my pushbike; I also do pushups, I am very partial to cherry tomatoes when in season and I will buy a punnet, only to learn within three to four days what they can do - I suffer with pains in my joints. If I drink lemon tea it has the same effect, or if I eat too many peaches, anything with too much acid will cause me pain. I do eat a lot of rice, pasta and noodles, also sardines in soya oil, it must be a good lubrication for the joints. Pineapple is also a no - no, yet tinned fruit salad does not effect me.

It has worked for me and I am grateful to that lady to this day. I am fit and well, enjoy good health and am able to perform a day's work at my forge. I have recently made a trunk as a wedding gift for my daughter's wedding (see photo). The wedding was held at Port Douglas, in a small church by the sea. It was simply great, and she was so happy and I love her.

Well L Zinnack maybe this will be of some help to you, I hope it will. I know how you suffer with pain, you are a brave lady with all that work you do to survive. I wish you well.

Harry Piers,
Blacksmith, CARCOAR 2791.



Dear Gr Readers,

I am a freelance writer who is currently working on a handbook for **PARENTS OF CHILDREN WHO HAVE BEEN SEXUALLY ABUSED** - a guide to minimising the damage done and proceeding in a manner that is most beneficial to the child. Many books have been published to help the survivors heal, but support and information for the grieving parents is sparse. The tone of my book is a positive one: what is done to us makes us victims, but what we do about it makes us survivors.

I am seeking factual information from both child survivors of this form of abuse and their parents, to be used for research or included in my book only with the permission of the contributor. All replies and details therein are kept completely confidential, with anonymity respected and preserved unless otherwise stated. I particularly want to hear from parents about how they were affected, how they dealt with it and what they would do differently if they could. Questions are welcome, and I will forward an interview page to anyone who may want help in expressing what can be confronting.

Heather Kozak,
RSD Dellicknora Rd, DELLICKNORA 3888.

Dear GR & Readers,

I know it has been done before but sometimes you don't take in things that matter little to you at the time. I would like information on **GROWING THINGS WITH BORE WATER** - grass, flowers and vegies. All help would be appreciated.

Di Caskey,
87 Louisa St, MITCHELL 4465.

FEEDBACK LINK-UP FEEDBACK

Dear Editor,

There is no need to remove **SEAWEED** from the shore, when it can be bought at produce stores in 20 kg boxes, all powdered up and easy to use and reasonable in price.

Vitamin B6 stopped my **CARPEL TUNNEL SYNDROME** pains.

Marymara C-Zecher,
1870H/Vale Rd, NFP LORNE 2439.

Dear GR,

Thank you for publishing my letter in issue 129 requesting rosemary seeds. So many wonderful people have sent some that I now have plenty. Please don't send anymore. I know there are a few people I haven't yet replied to as we had a few family problems and Christmas left me a bit behind. If I haven't sent seeds to you please drop me a line.

So many people write in requesting information on **STEINER** and alternative schooling could you possibly do an article on the subject? I have a three-year-old whose education is very important to me.

Mrs T Matthews,
PO Box 923, KINGAROO 4610.

GR82 contained an article on Steiner education. For more details contact: The Rudolph Steiner Schools Association, ph: 03-9876-2633.

Dear Grass Roots,

Re: article in Feedback GR130. I feel Lynette Dennis may be in error with her comments on **CANOLA OIL**. Rape was grown and fed successfully to cattle as early as 50 years ago. For some reason the government authority changed its name to canola. I have been eating dairy products and using canola oil for cooking for some years. Maybe Lynette is confusing it with wild rape, which is a weed and poisonous. Cattle will eat turnips, tops and all, but won't touch wild turnip – it is obviously not palatable at all! Perhaps an enquiry to the Department of Agriculture would tell us whether I am right or wrong on this matter.

Thank you Ada for the advice on cramps, add me to your list of successes, it worked wonders on my cramps.

RUDOLF STEINER SCHOOLS somewhat puzzle me. Could someone, in a short space, explain to me the general system of their schools.

Marje Bates,
DANDENONG 3175.

Dear GR Readers,

Firstly, many thanks for replies to my queries re Inigo Jones and my request for help re corns/bunions. Some of my family and I have enjoyed a holiday in the Wilson's Prom area, except for one obstacle – **SAND-FLIES**. Can anyone help with suggestions on prevention of bites and/or something to stop the itches please, so we'll be armed for next year?

Doreen Henderson,
8 Lakeset Drive, TRARALGON 3844.

Dear Megg & Mary,

I've recently moved to Australia and come across your fascinating magazine. I'm hoping in due course to find some sort of **CO-OPERATIVE COMMUNITY** to call home and wondered if you could tell me whether there are any individuals or organisations I could contact to help me in my search for the right place.

Mike Read,
PO Box 113, CRESWICK 3363.



Hello GR People,

Don't know where to yet, but we are making the move this year and we need to know where we can buy some **STRAW BALES** to build our house. Anyone out there willing to sell us some? We can contact you for price list and anything we need to know.

Does anyone have a copy of the book (old or new) *Tibetan Sage*, by Tuesday Lobsang Rampa? I'd love to buy it from you. Also, a back copy of GR105 Oct/Nov '94.



One good piece of info – I've tried the arthritis plant, Pennywort, for my hip and it worked – no more pain.

Mrs A Vivarelli,
PO Box 776, Spit Junction, MOSMAN 2088.

Dear Grass Roots,

My husband and I raise pigs for our own consumption. We have now bypassed the abattoir and are processing our own meat. The only thing I don't know anything about is how to cure the ham and bacon and what to do with the innards rather than using them to fertilise trees. If anyone can help with the process, or any experience they may have had with **HOME PIG RAISING**, I would love to hear.

Also, to any people travelling Australia, we are building a 6x6 camper and plan to make our second trip around Oz, this time taking our four small children. I would love to make contact with people who are travelling or planning to travel.

George & Lisa Fay,
Fays Hideaway, Austinville Rd, MUDGEERABA 4213.

Dear GR,

I used to own a hectare of land in WA where we were on our way to self-sufficiency but, silly me, I opted back into a city! Now I'm moving back out again! I'm 61, fit and active and presently fitting out a **KOMBI FOR TRAVEL IN OZ**, if not right around then at least on the eastern seaboard and perhaps Tassie. I intend to catch up with friends in the bush. I'd be glad to visit anyone who would like a visit. Do let me know. I have recently become single so if there are any ladies out there who are looking for a partner to travel with and/or find a bit of land to settle on, or who actually have some land, I'd be glad to hear from you. I'd also be glad to hear from anyone who has already done this Kombi/travel thing. I'm looking forward to it.

J Randell,
1/11 Little Myers St, GEELONG 3220.

Dear Megg,

Can anyone out there help me? I (48 with two children) am desperate to leave the suburban rat race and am looking for a **RURAL PROPERTY** on about one to five acres of land. Hopefully, the place would have a large old farmhouse, with a heap of sheds on it as well. A creek or a constant water supply would be great. Tank water is a bonus, as is a combustion stove and any solar operating gear. I am not looking for a mansion – I just need to get my kids and myself to a safer area – the sooner the better.

I am a hard worker and prepared to invest a lot of time and effort in restoring an old property back to prime condition. I would be looking to turn the acreage into organic market gardens with fresh herbs as a sideline. Although I am tied to my work in Launceston, I would seriously look at all offers in Tasmania. (Hey, I'd even look at the mainland for the right property!)

Now comes the crunch. I am happy to rent, caretake (or rental purchase) or have vendor finance provided so that I can purchase. Bear in mind that I am a sole parent bringing up two kids, so I would not be expecting to buy anything too flash – unless the terms were right.

If you can offer some constructive advice or have a property that you would like to offer – please get in touch with me ASAP – mobile phone 0419-336-324. I am genuine about this and not just a dreamer or an escapist. Not that there is anything wrong with being one of those either.

Does anyone out there in *Grass Roots* country know the whereabouts of Rod Goodwin? A photographer, by trade, a couple of decades ago he lived in the Belgrave area of Victoria. He owned and bred Afghans. A radical thinker in those days, but now a lot of what he spoke about appears to be coming down the pipeline. I would appreciate hearing from him, or from someone who can put me in touch with him.

Laurel Dunphey,
109 Hargrave Cres, MAYFIELD 7248.

FEEDBACK LINK-UP FEEDBACK

Dear Editor and fellow GRs,

Thanks for a terrific magazine. We enjoy the many and varied articles, tips and stories we read. We've finally made our dream come true of moving to five acres, building a solar passive home, fully solar-powered, some wind generators and some self-sufficiency in the garden. We are both in our very early 40s and love this life, as do our daughters, aged 7 and 17.

A few months back I was lured into subscribing to a business dealing with home-based work. The trap though was they were all in the USA and so I had wasted my money on this foolish venture. Does anyone out there have ideas, legal of course, where I could successfully earn a good wage and **WORK FROM HOME**?

I love being a wife and mother and don't really want to go out into the workforce, but if I could work from home I can still be around, particularly for my youngest at school functions and volunteer work at her very small school. My skills are mainly secretarial, clerical, computer and sales, but I would be happy to try anything.

Catherine Charlwood,

'Altair', 185 Old Carrowbrook Rd, MOUNT OLIVE 2330

Perhaps Karen Long's article in GR132 will give you some ideas.

Dear GR,

Can any readers help with ideas of any sort for **RECYCLING**, not only for crafty items but anything at all which makes use of things we normally discard (fruit peel jam, for example)? Also, can anyone give me any information re **SEED SAVING**. The few publications I have managed to get hold of seem to assume the reader can readily recognise the seed head of every plant. Maybe I am particularly dumb, but I'm afraid that with many plants, especially flowers, I have a bit of trouble knowing just what and when to collect.

Are there any readers out there who, like me, find life after 50 becomes more and more lonely as family and friends spread further away, and likeminded people of our generation seem fewer and fewer. I would love to correspond with other who are feeling somewhat isolated from the mainstream.

Helen Winzer,

PO Box 73, RYE 3941.

You might be interested in an article in GR79, 'Budget Stretching in Your Kitchen'.

Dear GR,

I am having a very big problem with **BRONZE ORANGE CITRUS** bugs on my three trees (lemon, orange and mandarin). I would like to get rid of them with an environmentally friendly/organic spray. Does anyone have any good suggestions? It is too time consuming and smelly to pick them all off by hand. I thank you in advance for your help.

Debra,

PO Box 284, HABERFIELD 2045.

Dear GR,

I am building a home this year and have been doing a lot of research to ensure it is passive solar and environmentally sustainable in design and constructed of healthy, nontoxic materials. The one area I can't seem to find any information on is the health issues of the **DIFFERENT TYPES OF RAINWATER TANKS** available. Out of the four commonly available (iron, plastic, fibreglass, cement), which is the least likely to leach substances into the drinking water? I have heard that the term 'food grade' quality is no guarantee. If anyone can provide me with some information on this issue, I would greatly appreciate it.

Lisa Levine,

3 Pantowara St, BALCOLYN 2264.

Dear GR Readers,

Thanks to all those involved in this wonderful magazine. I look forward to each new edition. Well done on 25 years of publishing, may there be many more. I have noticed in Feedback a lot of folk after **REPLACEMENT PARTS FOR OLD IMPLEMENTS**. As these are often unavailable, an alternative solution, if they are plas-

tic, is to have them welded by a plastic welder. Almost 98 percent of plastic items can be welded, or the plastic made to repair them. Look in the yellow pages under Plastic Welding and Fabrication. I hope this helps some people with an alternative solution. I have had several items repaired this way, successfully and inexpensively.

Heather Fuzzard,

PO Box 248, BARNAWATHA 3688.

Dear all at GR,

Love your mag, but a **WORD OF WARNING** to all ladies who write articles in Feedback. A few years ago I wrote a little piece and received many lovely replies and help. After that I went overseas for quite a while. About 20 months ago out of the blue another letter arrived, saying the writer had read my letter in an old copy. Anyway, we began writing to each other and this man and myself became good friends through letters. I never did get to meet him as he said he was a land and property surveyor and worked away. Anyway, to cut a long story short, I lent him some money and I had no reason to doubt his honesty. But as it has turned out the bird has flown and so has my money, also a lot of trust in my fellow man. So ladies beware.

Jan Roberts,

C/- PO Box 117, SEYMOUR 3661.

Dear Megg, Mary & Co,

Do any readers have any ideas about coping with **SINGAPORE ANTS**? They're the tiny brown horrors that eat electrical wiring and appliances, paint, plastic and rubbers. This district is inundated with them. My only consolation is that friends who've used copious

amounts of chemicals are no closer to sanity than we are. I particularly have trouble with setting

eggs. Unless chicks are rescued within minutes of coming out of their shell they are killed.

Chicks born overnight are dead before morning. We are experimenting with lemon grass

as the only survivors last year were turkeys that nested in a lemon grass hedge. The

guineas are laying in a box we layered with the

grass, so this might be a part solution.

D N Davies,

PO Box 80, KUNUNURRA 6743.

Dear GR Readers,

I live in the mountains in the far south-east region of NSW on 200 acres of natural bush, in a bush-pole/wattle and daub house, enthusiastically enjoying my life with my wonderful husband and our two great boys aged 11 and 8. In response to Claire Taylor, GR131, on bed wetting in children. The best results I've seen have been to get your kids and **TICKLE THEM!** I don't mean a little tickle, give them a really rigorous tickle. Besides having fun, this will improve muscle strength in the areas needed for bladder control, and, as in nearly all situations, laughter is the best medicine.

Jenny Halper,

Creewah Rd, CATHCART 2632.

Dear Megg & Mary,

I have a few comments on the article by Jane Smith in GR131. From personal experience I believe that **HAIR** is like a plant growing in soil, unless it can access enough nutrients it will wither or die, and in the case of hair it will go gray or die.

Ever since 1959 I have included a scalp massage and shampoo with the daily shower, using one of those round hard-bristled plastic brushes, stimulating the blood flow in the scalp. Both my father and grandfather were gray and had fly skating rinks by the time they were 60. My brother who is 54 is completely gray, but at 60 I still have what my regular hairdresser calls the thickest and healthiest head of dark hair for a bloke my age she has seen. In fact, a few years ago a so-called friend accused me of dying my hair. My whiskers are nearly white, but then my face hasn't been massaged all these years and regular shaving gets rid of the evidence.

John de Lange,

'Hanamoa', PO Box 157, COOKTOWN 4871.



FEEDBACK LINK-UP FEEDBACK

Dear Readers,

Would anyone who has had significant success in regaining their health using **PROFESSOR ARNOLD EHRETO'S METHODS** please let me know of their success, and especially if there are any clinics still specialising in his methods.

Bobby John

191 Arnaud St, MARYBOROUGH 4650.

Dear Grass Roots,

We have read and collected your magazine for about eight years now and we love it. You're all doing a great job! By the time this is being published we will be living on eight acres in Samsonvale after eight years in Brisbane. Even though we had herbs and vegies in our backyard in Paddington it will be quite a change for us since we don't know much about keeping chooks or having to cope with all sorts of pests. But that's what we kept all our GR magazines for, isn't it?

I was wondering if there was someone in the **SAMFORD/DAYBORO** area with children who would like to meet on a fairly regular basis at each other's homes, a bit like a playgroup really. I am 35 years old, my partner Walter is 50, our children are Thomas, three and Freya, eighteen months. Also, I would love to hear from German-speaking people in the area who speak German with their children. I have plans of sending my children to the Steiner school at Samford, but I haven't quite made up my mind yet. I would love to hear from someone soon!

Anne Marie Kogler,

Lot 2 Basin Rd, SAMSONVALE 4520.

Dear GR,

What a wonderful idea and worthwhile venture that Mandy Spacek, GR131, is hoping to achieve. I hope for you that this plea works because I'm writing for the same reason. I know how Mandy Spacek feels about banks not dealing with her, even when her rental record and references show her to be a safe and honest person with money, because my husband and I receive the same respect. We also have unblemished records when it comes to rental, but we too are frowned upon by the banks.

If there are any property owners around the Rockhampton area who'd prefer our money in their pockets instead of us paying rent to an uncaring landlord, please call us. We are not looking for anything big, we only want privacy and the space for us to start a family and keep a few animals. We are even finding it difficult to find a place to rent, let alone buy, but at the moment we'd take just about anything. We hope to hear from someone soon.

Kandice Nunn,

101 Rundle St, ROCKHAMPTON 4700.

Dear Grass Roots,

I am writing to comment on the many letters that appear in *Grass Roots* requesting information about a wide range of **HEALTH PROBLEMS**. As a qualified naturopath, in the past, because many of these letters and requests for assistance interested me, I went to considerable lengths to write to some of these people, providing them with accurate information about their problems, and nutritional and naturopathic remedies that they could access for themselves. Not one person ever replied to my letters, not even to say thanks, ensuring that I eventually stopped writing them.

It makes me wonder exactly what the expectations are of the people who write the letters. Are they looking for shared old wives' tales, something in common with other readers to commiserate about, or are they genuinely seeking assistance for a problem that is affecting their lives? Some of the replies I have seen to these requests contain information of varying degrees of accuracy and depth, which may or may not prove helpful. What does seem clear though, is that when presented with an opportunity for a rational discussion of their problem and a consultation with a qualified natural therapist, for which a fee is charged, people are simply not prepared to make this investment.

The response I received to my advertisement in GR130 offering a phone and letter consultation service, attracted only enquiries from people looking for free information for themselves and their pets. I think the public should realise that it takes four to five years to qualify as a naturopath, representing a considerable investment on the

part of the student. In my case, I also offered the experience of fifteen plus years as a nurse/technician in veterinary practices around the world, plus a certification in animal nutrition. It is frustrating to read letter after letter from people who claim to be desperately seeking help, when all they do is invite response from other readers rather than take more appropriate action by consulting a health practitioner. I read these letters and practically tear my hair out, as the solutions to many seem so clear, but I am no longer prepared to undervalue my experience by handing out free information. I have come to the conclusion that such information is not valued or treated seriously by the recipients, and that the adage 'you get what you pay for' does hold some truth.

Lis Hansen ND

'Braemar Lodge', Kumbarilla MS999, DALBY 4405.

We understand your frustration Liz, and applaud your decision not to devalue your professional expertise. However, bear in mind that Feedback is not a professional forum, but a free sharing of ideas and experiences between readers.

Dear Megg & Mary,

A warm thank-you for your great magazine and a hearty wish for a fantastic new year. I have been reading GR it seems since time began and have always looked forward to the Feedback section. Many times my husband and I have a tear in our eyes after reading some of the beautiful things this magazine has done to help so many people. Many people are genuinely trying to make a difference in the way they live and this is very powerful. I have been using a **RECYCLABLE FITTED NAPPY** for my children that is just fantastic and really works well. If anyone would like to know more about this great nappy please write. Keep up the great work.

Christine Southall,

PO Box 2460, DARWIN 0801.



Dear Editors,

Whilst the article by Pat Coleby, Maldon Vic, titled 'Buying A Farm', GR130, is interesting, the explanation accompanying the picture on page 57 is not correct. The **PROLIFERATION OF WEEDS** on a property does not always point to soil deficiencies when you consider weeds such as wire weed, stinging thistle, horehound, marshmallow, Prince of Wales feather and others. These plants, in fact, revel in very fertile soil, often made so because the area is near or has been previously the location of a hay shed or poultry pens. I know the explanation is a generalisation, but it is certainly not correct and it would be interesting to just know what type of weed is shown in the picture.

Tom Fletcher,

75 Avocado St, ELANORA 4221.

Perhaps the weeds you mention thrive in soil that is high in nitrogen (from previous activities you name), but that is deficient in other major and minor nutrients/trace elements. We think the weed pictured is motherwort.

Dear GR and Readers,

While we are waiting to sell our house, my husband, my dog and I would be very grateful for any advice that could be offered us regarding **MULTIPLE OCCUPANCIES**, eg legalities or personal experience in MO situations. We will gladly reply to any correspondence.

Lucinda and Iain Bond,

196 Fullerton St, STOCKTON 2295.

Please keep letters brief, clearly written and relevant to self-sufficiency topics. Letters pushing barrows (religious, political or other) will not be published.

FEEDBACK LINK-UP FEEDBACK

Dear GR Readers,

Re Mokosoi Coconut Seaweed Soap. I have very volatile skin and ordinary soap makes me break out in rashes, as I am allergic to many things, so I gave this new soap a try and for the first time in ages my skin is clear with no allergic reaction. The rashes and pimples are gone. My mother who is 76 also tried the soap and found that it also helped her skin, as her skin is sun affected and has dark marks from old age. She says that her skin is softer and it has reduced the colour of the old age marks. This change has been in a very short time of one month. I noticed the ad in GR and just wanted to let people know this soap is great. Try it, the benefits are worth every cent.

**L Froster,
NOOSA HEADS.**

Dear Grass Roots Folk,

As an avid reader since the first issue, I have many times promised myself I'd write in but it has taken the 'Year of Older Citizens' to get me to the actual point. I'd love to comment on many of the things I've read, but will confine myself to an observation after reading the letter by Ken Hamilton-Brown (GR131) re SUGAR. I'm a great believer in the idea that natural foods won't hurt you. I had an uncle who lived to the age of eighty-three, whose diet was pretty basic by today's standards. He was a bachelor, but used to make a lot of jam each year from home grown oranges, and other things as the fruit became available. But mostly he lived on corned beef, potatoes and pumpkin and bread, washed down by plenty of tea (sweetened). He worked hard all his life, milked some house cows, and always made his own butter and was very generous with milk, cream and butter to his neighbours. He was always thin, but strong and wiry.

My husband and I (83 and 70 years respectively), work hard running our cattle property of five thousand acres and he eats a cooked breakfast each morning and he eats red meat three times a day. I do all my own cooking: desserts, cakes and biscuits are the order of every day here, and we would not eat a takeaway meal once a year. I do cut all fat off my meat, but my husband loves it and his health is perfect, no high blood pressure or high cholesterol or anything. Aren't we lucky?

**Dawn Redeout,
'Ballee', MOUNT LARCOM 4695.**

Dear GR,

I have two enquiries which I would love answered. Firstly could someone recommend an **ETHICALLY SOUND INSURANCE COMPANY** we could deal with, especially for life insurance? Secondly we have a baby and our house is smoke-free, could someone tell us whether **BURNING INCENSE STICKS** will affect our son's health? We would appreciate any information regarding either topic. Thanking you in advance.

**Allison & John Miller,
73 Kesters Rd, PARAHILLS WEST 5096.**

Dear Grass Roots,

To Anna Gear (GR131) who requested a recipe for the ginger beer plant. I have a good one. I will post it to you direct. Also, I have heard that bone meal (or blood and bone) will **GET RID OF ANTS** when it is scattered around places they frequent.

To M Tessmann re embroidery cards. My mother-in-law enjoys crafting these cards. I have asked her to check her patterns and books and will let you know. I believe that she only has copies of patterns (which she still uses), but may also have the names of some pattern books.

To Jenni Chadwick. I'm not sure if I can help with your request in GR131. However, last year, I started a six-week diet to determine if I had any food **INTOLERANCES OR ALLERGIES**. I used a recipe book called *Friendly Food* which is published by Murdoch Books and written by the Royal Prince Alfred Hospital Allergy Unit. If you have difficulty locating a copy, I obtained mine from the Clear Mountain Health Lodge in Brisbane. It specifically has recipes that avoid salicylates, preservatives, amines and MSG. I have tried some and they were yummy, particularly the pear and bean salad – divine, even though it doesn't sound great! I hope that this may be of some use to you.

What a great story on Tom Deer! I'd love to have a lifestyle similar to his – not one job, but many! I prefer a variety of interests and tasks rather than concentrating solely on one or two things. I have started to move in this direction. My husband and I have bought four acres (mortgaged) on which we are starting a permaculture food forest and organic veggie garden, as well as a small rainforest plot. I am also getting rid of stuff in my life that no longer interests me or represents work that is in my past and holds no place in my future. Tom's story is an inspiration. I also found the article on Rosemary and Graham Bryant's organic farm in Victoria (GR129) fascinating! The wonderful images that this story conjured up for me had me daydreaming for weeks! If I am ever in that area, I will be turning up at dawn to purchase some farm fresh eggs and other produce!

I really enjoy reading about others who are doing positive balancing things with the earth. It renews my faith that we can halt (and maybe turn around?) the destruction of Mother Earth. I have been (and probably still am) a contributor to such destruction. However, I hope that magazines like GR can increase our awareness and provide a pathway for people who want to deliver some positive changes.



**Karen Dunshea,
66 Maskell Ct, DRAPER 4520.**

Dear GR,

We are a family of six (10 and under) and would like some help with a few things. Firstly, **DYEING FEATHERS**: does anybody know how, for dreamcatchers etc? Secondly, does anybody know areas in NSW where land is super cheap and people would welcome a family interested in self-sufficiency and earning our income in alternative ways off our land. We don't have much money, but are sick of the renting cycle and fixing houses only to have to move. In the meantime, we are living on 260 acres, raising a house cow (Cuddles), chickens, ducks, geese and vegies. I make our bread and anything else. I will try at least once any ideas about any of the above. Drop me a line. Also does anybody know where I can get **MANGEL WURZEL** seeds? Thank you in advance.

**Stephanie Wilton,
C/- Krambach PO, KRAMBACH 2429.**

Dear GR Readers,

Can anyone help me with information about **PRESERVING GARLIC**? I am interested in developing its immune boosting function. I have read Dr Earl Mindell's *Garlic, the Miracle Nutrient*, but do not want the expense of buying the aged extract product which the book recommends. I intend to grow my own organic garlic and use this. I believe it is possible to preserve garlic in either wine, vinegar or oil, but do not know the methods.



Also, I wonder if anyone could help me with recipes for making sauces to accompany the main meal, which will keep for several weeks or months. I am concerned to ensure safe preservation and would appreciate information about the ingredients in the recipe, or the method of preparation which ensures preservation. I have found that having a sauce on hand enables quick meal preparation without having to be too inventive at the end of each day. Just steam or boil the vegies and rice and add sauce. There are lots of wonderful sauces on supermarket shelves, but these are quite expensive and often include chilli, which I am wanting to avoid. I would be very grateful for any help.

**Janet Turnbull,
23 Evans Cres, RESERVOIR 3073.**

GR111 contains an article on preserving garlic in oil and vinegar and clarifies the health aspects. Regarding sauce recipes, many cookbooks from the fifties and sixties have a section on sauces. Check out op shops and garage sales for such books.

FEEDBACK LINK-UP FEEDBACK

Dear Grass Roots,

Firstly, I'd like to thank you and compliment your magazine. I'm a newcomer, being introduced almost a year ago as a result of a birthday present. I will be renewing the subscription though. As with other readers, I particularly appreciate the many pages you dedicate to the Feedback section, it's a great source to help others and to be helped. The postal service is a wonderful thing.

If you have not done so already, I would like to urge you to read **DANIEL QUINN'S BOOKS:** *Ishmael* (h/c 1992, p/b 1995), and *The Story of B* (h/c 1996, p/b 1997) both published by Bantam Books. These are without doubt two of the most important books I have ever read. I am sure they will alter your perceptions as they have mine. There is also a sequel to *Ishmael*, already published in America, soon to be in Oz, called *My Ishmael*, which I look forward to reading. Please read them.

Benny Glasman,

C/- 20 Caladenia Crt, EVERTON HILLS 4053.

Dear Grass Roots,

I share four acres in Tea Tree, Tasmania with my cat Nina and a brood of happy hippie hens. I am a very keen chook keeper and have quite a variety including Barnavelder, Buff Orpington, Australorp, White Leghorn, White Sussex, New Hampshire, Silver Spangled Hamburg, Black Langshan, Rhode Island Red and some cross breeds. The range of different coloured fluffy bums across the paddock in the evening is quite a sight!

Does anyone have any **OLD/SECOND-HAND BOOKS ON POULTRY** for sale? I particularly would like any with illustrations of the various breeds, especially some of the older breeds which are becoming quite rare. None of the modern chook books seem to have pictures of all the breeds they describe.

Also, I am very interested in **NATURAL HEALTH CARE TIPS** for chooks. Fellow chook keepers may be interested to know that I managed to bring a dying hen (unable to walk, drink or feed at this stage) back to good health through the application of half a dropper of echinacea every evening for ten days. I also add cider vinegar to their water to keep them free from worms. If anyone knows of a good natural remedy for **SCALY LEG MITE** I'd be happy to receive advice.

Kathy Gatenby,

903 Middle Tea Tree Rd, TEA TREE 7017.

Check out the Livestock Health and Management page for ideas for eliminating scaly leg, in particular Nos 109 and 123.

Dear Megg & Mary,

What a **PLEASANT SURPRISE** I got around the middle of January. I received a large parcel of magazines from Canada - including November 1998 issue of the American *Mother Earth News*. I had put a letter in Feedback last year, asking if anyone knew if *Mother Earth News* was still being published. Well, it seems a lady living in Cronulla has a brother in Canada, to whom she sent a GR. He read my letter and voila! A swag of magazines, organic gardening among some, and a great Canadian magazine called *Harrowsmith*.

My thanks to GR for publishing my letter, also to the lady in Cronulla for sending her brother the magazine and my heartfelt thanks to my new Canadian friend. It proves that there are lots of really nice people around. I do enjoy the Australian magazines best of all though.

Ineke Bell,

PO Box 1224, MAREEBA 4880.

Dear GR,

This is my first letter to GR. I have been reading GR for several years on and off. Now, as we are looking for land to buy in Tasmania, I am buying every issue. We are planning on buying several acres of bush near to the sea with only a small clearance for our home and are hoping to be as self-sufficient as possible in a low maintenance way (maybe that is a contradiction!).

I have been a tarot/palmist reader for many years now and am hop-

ing to do readings, from our new home. Mostly, I have been reading in cities (various cafes, markets, privately, expos etc) and feel it is time to take it to the bush! My partner is an English teacher, teaching migrants and international students. We are hoping to use our new home as a retreat from the outside world, as we plan to travel and work part of the year and return to be recharged.

If there is anyone interested in writing to us we would love to hear from you. Being first-time land buyers in the bush we are open to anything anyone would like to tell us (good or bad!) Also anyone interested in tarot/palmistry or **BACH FLOWER REMEDIES**, as I am a registered Bach Flower Practitioner (UK), one of three in Australia, we would love to hear from you. They can be used for people, plants and animals. I am continually studying more in these areas. If anyone would like to write so we can share knowledge and talk about tarot, palmistry or Bach Flowers, I would love to hear from you.

Pauline Donohoe,

GPO 1873, HOBART 7001.

Dear Megg,

I am a carer for two permanently disabled children, one needing a wheelchair. A severe allergy to cigarette smoke, means we are socially very isolated. I decided to set up a permaculture exhibition garden, which joins a future school paddock. I fence off my gardens and have the jungle bantams free range, with straw on the ground. I have many large trees and the bantams sleep in the trees. There have been no neighbour complaints and the RSPCA and the health inspector came and had no complaints either.

Following these inspections I was told I could not have chooks free range and could only have fifteen. Councils have no constitutional authority as a government, because they do not have a senate, nor a Governor General to sign their policies into laws. They do not have any authority to sign contracts as a business person, because they are not registered with the Australian Securities Commission, and that is why they send rate 'notices'.

The Land and Environment courts, who support councils, are not constitutional because they do not comply with the Westminster legal system, of which the Queen is Chief Justice. In our legal system, the Queen represents God's throne, and she swears a Coronation Oath to uphold God's laws in our Constitution (pursuant to S.116). The Queen's removal would remove God's representative, to be replaced by an Australian head of state.

I have been writing letters warning of a snake plague, with the demise of the rabbit. Native wild fowl were in the Australian bush before the rabbits and scratched up snake eggs/babies and ate them, keeping their 100 eggs a season capacity in check. (1000 females become 70 million + in 2 years). Game chooks like bantams will have to repopulate the forests, to avoid a snake plague.

It will be a very profitable enterprise for grain farmers and hatcheries of game chooks. Hatcheries for hundreds of thousands are being approved around here.

I am hopping mad that my few chooks have to be disposed of (via a Land and Environment court order). They have already fought and killed two eastern brown snakes, which are very venomous. I have put a constitutional challenge onto the council with a trial by jury (Section 80) mandatory. That is real people power. If anyone else wants to represent themselves (no solicitor will do it for you), I can provide free information on all the legal nuts and bolts, to conduct your case. (Criminal trials are court fees free.)

I believe **COUNCILS ARE PERMACULTURE'S GREATEST ENEMY**. Send large business-size (2 stamps) SAE with any questions about these matters.

Florence Vorhauer,

19 Wilburtree St, TAMWORTH 2340.

Ph: 02-6762-1437.

We are not lawyers and cannot comment on these issues. Please don't inundate GR with replies/questions on this matter, direct them to Florence.

FEEDBACK LINK-UP FEEDBACK

Dear Grass Roots,

Well done on a great mag! Here's some feedback on some queries from GR 131. Re **RESIDUE GLUE**: eucalyptus oil on a cloth will remove it, no worries. Re **HEAD LICE**: I add a few drops of both lavender and tea tree oil to the bottle of shampoo and shake. Have never had a problem with lice. Re **FRUIT FLY**: mix Epsom salts with water and spray trees. One box gives you four sprays. I also have baits of molasses and Malawash hanging in the trees – sure does catch them. Re **BED WETTING** I've tried burning lavender with mixed results. Silver Chain here in WA have a 12 week course with a special sheet that's hooked up to a buzzer so that the child learns to wake and turn the buzzer off when they need to go. My daughter is only just five and we're starting the course next week. They tell me it's not a problem at her age yet, but have had success with other five year olds, so if you're interested in my results drop us a line and I'll give you a progress report.

Re **ECZEMA**: rolled oats in the child's bath will help, also some lavender, bergamot and chamomile. Also, avocado oil massaged over body with a few drops of the above oils will help. Good luck.

My daughter grinds her teeth in her sleep. The dentist said she may stop when her teeth start falling out as it will hurt, but may not stop. She's wormed regularly and the theory that she's stressed has been associated with the fact that she's teeth grinding. We've burned lavender oil at night for stress, but she continues to grind. It's not sideways but the front teeth back and forth. When she only had two teeth – one on top and one on bottom she used to grind – very unnerving coming from a then-ten month old. I often have to wear earplugs to sleep it gets so loud and goes for so long. Is there anyone with any suggestions that may help us? Thanks in advance.

A big hi to Sue and Jamey and Trina and health and happiness to all.

Karen Holmes

19 Farinda Rd, GERALDTON 6530.

Dear GR,

For years I've been reading GR and many people's complaints about **SKIN AND HEALTH AILMENTS** that have resisted all attempts at correction with products available on the market. I have been an acne sufferer all my life and recently was introduced to a range of products that have only natural ingredients in them such as mature aloe vera, humectants, DNA, RNA, minerals and jojoba oil. These products are revolutionary, expensively produced and as such are only sold by word of mouth from satisfied customers. Should anybody be looking for a natural alternative to the chemically filled products we have habitually made use of on our skin, please contact me for further information. These products offer a safe and healthy relief from acne, psoriasis, skin damage, dermatitis, nappy rash, dandruff, overweight, hives, eczema, thinning hair and related illnesses. After three months use my skin is showing a marked improvement and is enjoying being free of the cloying oils I no longer use.

Cheryl Kennedy,

PO Box 325, COOLUM BEACH 4573

To Megg and Everyone,

As I sit here watching the sun go down over Lake Macquarie, my thoughts are with the people who are losing so much in the **TERRIBLE FIRES** in NSW (Crookwell etc). I cannot bear to watch the news to see the poor sheep that will and have lost their lives, not to mention all the other beasts who happen to be in the path of such destruction. Unfortunately, through either neglect or malicious acts, these fires usually occur. A very good friend of mine is in the Volunteer Bush Fire Brigade. He is 68, and with no hesitation he will tend to all calls, leaving his farm and livelihood. We had devastating fires in this area a few years ago and without the help of such people there would have been a great deal more losses. My congratulations to all of you people who sacrifice your time and efforts for such a cause.

On a lighter note, I would like to thank your magazine for bringing a new dimension into the household. My partner John paid me a compliment tonight 'cause I have just saved all the vegie water, 'Just like Mum,' he said! Deep down he knows that Mum has always lived by the 'old' remedies and she is not going too bad at 74. Mind you, he doesn't mind the remedies from Mum when he is not well!

I only have one question that I hope someone can help me with. It is in regard to the **pH LEVELS OF WATER IN FISH TANKS**. I

have a kit that I use for testing the 'up' and 'down' components. I assume that the 'up' (sodium bicarbonate) is bicarbonate of soda, readily available, but what is the generic term for sodium phosphate-monobasic? Also, for the testing agent which I have, labelled Bromothymol Blue, is it available through other sources such as chemists? I did ask the local chemist a few months ago, but unfortunately am still none the wiser. My fish are still thriving under sometimes stressful conditions!

Alison Smith,

11 Panorama Pde, WARNERS BAY 2292.

Dear GRs,

I am after a vocalist who can read a manuscript to help me in my crusade to promote a song on the theme of anti-tobacco and anti-marijuana throughout the nation's schools. I am 90 years old and would dearly love to hear my song performed before I die. Please contact me for more details.

Henry Weare

88 Millchester Rd, CHARTERS TOWERS 4820.

Dear Grass Roots,

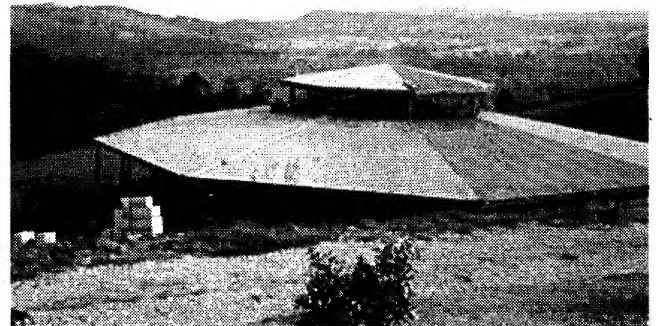
Great magazine, we've been reading it since the '70s when we were living in NZ. Never miss a copy!

Re the article on sun power, Dec/Jan GR 130, by Ian McNicol. For solar water heating he suggests a roof slope of 45° or between 25° and 65°. We have built an octagonal house in the last two years. It has only a 10° slope and we have a very successful **SOLAR HEATER** up there; in fact, on a hot clear day the water is not far off boiling! It is a Beasley brand with two panels and lying flat on the 10° slope, facing north of course, and with no close trees. But what we did do when we installed it was to skew it at a slight angle so the inlet is slightly lower than the outlet. Fitted at about one roof corrugation difference top and bottom so doesn't stand out too much when viewed, but is enough to put the outlet higher.

We have electricity to it, but the switch is never turned on unless it's been grey skies for several days. I don't have a photo of it but enclosed is one of the house showing the roof slope.

Judy & Bruce Smith,

685 Cooloolabin Rd, via YANDINA 4561.



Dear GR Readers,

I enjoy each letter you contribute to GR for my reading pleasure, however, I am looking for replies from anyone who has **CONVERTED A TRAIN CARRIAGE** for living in. I am thinking of purchasing one and would like to hear from you if you have done so. I am wanting to know all the ins and outs of conversion, good and bad.

Clare Saxelby,

8 Unicombe Cres, OAKHURST 2761.

Letters are accepted and edited at the discretion of the publishers.

FEEDBACK LINK-UP FEEDBACK

Dear Megg and Friends,

After my article on **PRESERVING VEGETABLES** using an acid solution (GR131, p10), I received a letter from one of your readers, saying she *thought* she had got the solution right and that she had used coffee jars with plastic lids! I nearly fainted. I specifically stated to use jars with metal lids in good condition, but I should also state that they are not ordinary screw-on lids, but the ones with the rubber rim inside and the slightly convex centre on the top. When the jar has a successful vacuum, this centre area will audibly 'pop' and will become convex. I would like to point out to all readers that **BOTULISM IS DEADLY** and has no visible signs, or warning smell. So please, I said it before, and I say it again – if you can't do it properly with the correct solution and equipment – then don't attempt it at all. Try freezing your surplus – it's safer. Happy and safe preserving.

Poppy Hollitt,

PO Box 227, MEADOWS, 5201.



Dear GRs,

I would like some information on **ROOM IONISERS**. My daughter is an **ASTHMA SUFFERER**. I have seen these ionisers advertised in the magazine. Apparently there is an expensive one that is very good. I would also welcome any tips, advice or remedies for asthma. Thanks heaps.

S Ingersoll,

41 Zee St, MAITLAND, 2320.

Dear GR Readers,

I am looking for any helpful advice and wisdom on **SKIN CANCER**, **ADHD**, and **AUTISM**. All information will be greatly appreciated, please ring 08-8255-8829. We are also looking for a caravan. I would also like to wish the team at GR success with the new magazine, *Greenhouse Living*. Good luck and cheers.

Susan Lobban,

ELIZABETH VALE, 5112.

Dear GR,

I would like to add my hearty endorsement to Katy with regard to the **SUCCESS OF LETS**. We are utilising such a wealth of untapped skill and talent in our local community through Local Energy Trading Systems, and in so doing improving people's self-confidence, making friends, stimulating ideas and sharing ideas and concepts in an atmosphere of trust, faith and love. If anybody on the Sunshine Coast would like to know more about LETS please feel free to contact me. We are a nonprofit organisation.

Cherryl Kennedy,

PO Box 325, COOLUM BEACH 4573.

Email: cherryl@start.com.au

Dear GR,

I am a **WILDLIFE CARER** in my early 50s. I look after orphaned and injured wildlife. I have just bought a 50 acre property where I can raise and release these beautiful animals and birds. My property is situated between Gin Gin and Mt Perry (featured GR131) next to a state forest. I have a lovely garden, orchard and manicured lawns and I would love a nice veggie patch. Unfortunately, most of my time is taken up looking after my babies and stone flitch cabin, and chopping wood for my wood stove and hot water. I wonder if you could possibly help me. I'm looking for somebody to help me **CARETAKE MY PROPERTY**, preferably a mature pensioner as myself – handyperson with own caravan, must be a native animal lover, someone with an interest in self-sufficiency. I have plenty of water to put in a nice veggie patch. If there is anyone who would be interested in sharing my paradise with wildlife, short or long term, I would love to hear from you.

Cindy Benfield,

Roo Poo Lodge M/S 882 Gaeta Rd, GIN GIN, 4671.

Dear GR,

A friend that introduced me to GR mentioned to me that there is an organisation in eastern Australia that specialises in the organisation of **WWOOFers** throughout Australia linking **WWOOFers** to farmers. I am wondering if you know the name and address of this organisation as we are in **DESPERATE NEED OF WWOOFers** for our property.

Kate Mulcahy,

4/88 Drabble Rd, SCARBOROUGH 6019.

WWOOFers can be contacted through: Lionel Pollard, Mt Murindal Reserve, Buchan 3885.

Dear Megg, Mary & Readers,

Arthur Pettifer (GR128) & Helen Garrety (GR129) touched a chord in their **DISCUSSION OF SINGLEDOM**. Last spring I advertised in GR for a soul mate and was swamped with responses, but the experiences were curious. After travelling over one hundred kilometres to meet me, one man and I spent the day having a great picnic together. He didn't turn up when I suggested a venue for dinner. Later I found he'd run away! He rang to ask if I would continue to call him.

I travelled to a country town and stayed a while, but discovered the man was very cruel to his dog. Another called regularly, but wouldn't provide a phone number or address. His job required him to travel. Following his repeated requests to meet I booked for the interstate train journey, but he suddenly cancelled and went to work in another state! Other letters/respondents seemed intense, off-balance or egocentric. One I tried to meet was never at home in the evenings, being interminably involved in men's business organisations. Why do these people answer ads?

As a woman of the world I know there are 'strange beings' out there, but dozens? As I survey a very large pile of correspondence and sizeable telephone bills, I summarise the experience: Men are lonely enough to answer ads, but too fearful to develop acquaintance. Everyone is afraid of being hurt, everyone is afraid of being lonely, but the process of meeting doesn't necessarily involve pain. Strangely enough, the ad brought me some paid work – an unlooked-for bonus. I'd like to thank everyone who replied. I'm still optimistic, and yes, I continue to seek my soul mate and GR lifestyle. Somewhere in this wide brown land someone is doing the same and will be right for me!

Helen,

14/78A Hotham Rd, GYMEA 2227.

Dear GRs,

We have a wonderful couple of acres here, with a lot of work to do, but up until now, we haven't met anyone else 'Grass Roots' style. We have lots of other friends, but do miss people to exchange ideas, plants etc with. Anyone who'd like to get in touch, please ring 05-5844-0448. We're closest to Mont de Marsan, as our big town.

Lily Hodgins,

Petit Taricq, 40270 Maurrin, FRANCE.

Dear Editor,

This is my first letter to your magazine and it is in reference to Lynette Dennis who stated in your last edition that she is connected with a self-help health group, and is warning your readers about the dangers of using **CANOLA OIL** which comes from rape seed and is considered poisonous, (Aust/Oct '98 *Health & Healing*).

However, I and my wife are health fans and have a news release from the CSIRO on research done by them on canola oil. It states that canola oil is acceptable because of its low content in erucic acid and also it is a significant source of Omega-3 polyunsaturates which is beneficial in its effect on cholesterol levels. Therefore, canola oil should offer health benefits in relation to heart disease and arthritis etc. This research has also been supported by a nutritionist and author, Catherine Saxelby, so I hope this information will be of benefit to your readers.

Mark Waring,

39 Potton Ave, ROSEBUD 3939.

Dear GR,

I am hoping to link up with others similar to myself for two-way support. I feel that we live a very couples society and often feel out of it socially as I am a single mother of two. There must be others in my situation who feel that they want to relate to someone who understands what it is like not having a partner or soul mate with whom to share their life's experiences with.

Jenny Featonby,

10 Vernon Rd, WANGARATTA 3677.

Readers should be aware that it is illegal to promote or be involved in 'pyramid' type chain letter schemes which claim massive incomes from a modest outlay. The maximum penalty under the Fair Trading Act is \$10,000. If you have been bothered by such letters contact the Office of Fair Trading, otherwise light the fire with them.

OF TOILET SEATS AND CUTTING BOARDS

from the Australian Academy of Science, Canberra.

According to research reported in the 13 June, 1998 issue of *New Scientist*, kitchen cutting boards and dishcloths have much higher bacteria counts than toilet seats! Nonetheless, the chances of getting food poisoning are really very low when the number of incidents is compared with the number of meals consumed. In Australia, where the population is about 18.5 million and most people eat at least three meals a day, the total number of 'eating opportunities' for food poisoning to occur is over 20,257, 500,000 per year.

Statistics on food poisoning are hard to collect because many cases are mild and not reported. Nevertheless, it is a common complaint. One 1997 study using 1989-90 National Health Survey data estimated that there may be as many as 4.6 million cases of diarrhoea or gastroenteritis in Australia each year. Although this is a very large number and we all must work to reduce it, it indicates that only 0.02 percent of meals caused some form of food poisoning.

What is more worrying is that food poisoning can be fatal. Two elderly people died after eating contaminated ham and corned beef in Victoria in February 1997; another Victorian died from food poisoning in a nursing home in 1997; a child died after eating contaminated mettwurst in Adelaide in 1995. A survey of 128 food poisoning outbreaks in Aus-

tralia over the period 1980-95 revealed six deaths from a total of 5952 cases.

To help the public learn more about food safety, the Australian Academy of Science has added a new topic to its 'Nova: Science in the News' Internet site (<http://www.science.org.au/nova>). Called 'When bugs have you on the run,' the topic is supported by the Cooperative Research Centre for International Food Manufacture and Packaging Science.

The topic covers the main causes of food poisoning, including temperature abuse, cross-contamination and processing failure. Supplementary background information includes common microbial agents of food poisoning, food preservation, chemicals in food, and safe cooking. A glossary of terms, student activities, further reading and related Internet sites are also provided.

The Nova site has a number of other health topics available. They include:

- The rise and rise of asthma
- Mad cow disease – a human problem?
- Immunisation – protecting our children from disease
- An end to influenza?
- Malaria – a growing threat
- Sun and skin – a dangerous combination
- Cochlear implants – wiring for sound (the 'bionic ear')
- Kissing the Epstein-Barr virus goodbye?



- The Human Genome Project – discovering the human blueprint
- Singing the praises of colony stimulating factors.

For more information about Nova, contact the Academy's Development Officer, Nancy Lane, by phone 02 6247 5777, fax 02 6257 4620, or email nancy.lane@science.org.au

Working with
people

to create low
energy homes
that respond

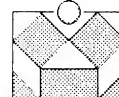
ethically, practically & naturally
to each individual client, & their
unique circumstances.

Gary Kruithof (RBP)

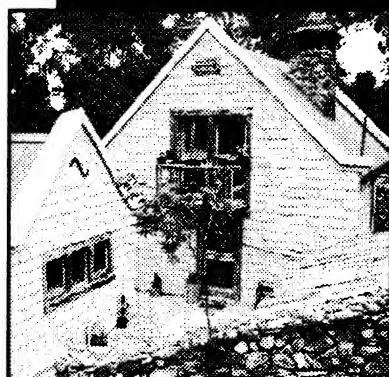
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A DIFFERENT TYPE OF GARDENING

by John Tucker, Capel, WA.

Today everyone talks about permaculture and it certainly is a very good system of growing food for the house. Because it is based on mulch to feed the plants, it still requires a considerable amount of water as the mulch itself uses water to decay. I would like to write about a system of gardening my father used that did not use any extra water at all to grow the crop. This may be frowned on today, but it sure kept the larder full and is certainly worth a mention.

The ground was prepared by sowing at least one and a half bags of oats to the hectare and chisel ploughed once then harrowed twice. This was done in about the end of March. If there was any dry grass on the patch to be sown, so much the better. This process made compost out of the old manure and dry grass without the fear of erosion. The crop was allowed to grow to about twenty to thirty centimetres high then grazed, firstly by cattle and secondly by sheep. The sheep were left there until after the winter. Once it was eaten out it

wasn't allowed to grow again as that would only deplete the soil of nutrients. If the sheep could be kept on the patch for at least six weeks, a huge amount of manure was spread on the surface and the roots of the oats plants had rotted down making a good compost base.

Toward the end of August, the paddock was cultivated twice and harrowed twice to destroy the last of the grass that the sheep had not eaten. This was done several times until the patch was worked up fine and had a dust mulch on the surface of the soil.

Planting was generally carried out in early October and consisted of peas, beans, melons, onions, pumpkins, cucumbers, zucchinis and beetroot. The beans were of the dwarf type and the peas were Greenfeast that only had one crop, unlike climbing peas and beans. Potatoes were also planted, but they went in after the first working of the ground. The spuds had to be hilled up by hand, so that gave them another good cultivating.


If it rained during the growing period, a few days after the rain had gone, Dad would get his rake and just rake around the plants to create the dust mulch again, as this would maintain the moisture for plants.

From January to April we have a grasshopper plague and they seem to be getting worse every year. Most of the vegies I have mentioned would be gone by the time they arrived. Melons and pumpkins are okay as the grasshoppers don't seem to eat pumpkins and only eat the green colour off the melons.

Only a light loam soil is needed for this type of garden and if it fails, the most common cause is that the ground has not been prepared properly. The soil has not been worked fine enough. The following March, the small patch in the paddock that was Dad's summer garden was reseeded with small pasture seeds, and by the end of June it was back to pasture and the freezer was full.

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KIDS PAGE



SAVE the KOALA!

July is Save the Koala Month to raise awareness of our precious koalas and the threats they face and to raise money for their conservation. Friday July 30 1999 is Save the Koala Day. You can buy a removable koala tattoo for \$2 from Australian Geographic Stores, Toys'R'Us and selected chemists and newsagents to help Australian Koala Foundation (AKF) projects.

The Australian Koala Foundation (AKF), GPO Box 9899, Brisbane Qld. 4001. Ph: 07-3229-7233, fax: 07-3221-0337.

Note that they have a Kids Koala Club (up to 12 yrs) and a Teens Club (13 - 18 yrs).

KOALA DANGERS

The main causes of the gradual loss of koala habitats are land clearing for human development, bushfires and foxes, cats and native predators.

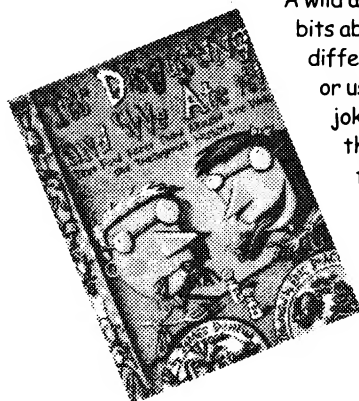
- Over 4000 koalas are killed each year by cars and dogs.
- Diseases in koalas are all caused by stress, mainly due to fretting about loss of homes and food sources.

There are koala carers and koala hospitals around Australia that help sick and injured koalas, but ensuring their habitats is the only way to stop injury and sickness from continuing at rapid rates.

BOOK REVIEW

IT'S DISGUSTING AND WE ATE IT

by James Solheim, Illustrated by Eric Brace



A wild and bizarre collection of tit-bits about weird foods people from different parts of the world eat or used to eat. Lots of drawings, jokes and poems throughout the text blocks. This silly and fun book just might make kids look at their spinach and Brussels sprouts in a new light!

H/b, 38 pp, Simon & Schuster, RRP \$19.95

SOME DISGUSTING THINGS PEOPLE EAT OR ATE

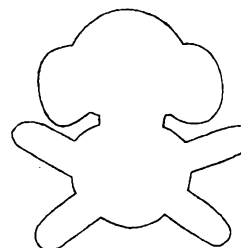
- The ancient Romans ate garum which is salty rotten fish guts.
- Early European explorers actually sought rats to feed on because all other food was spoiled during long voyages.
- Bird's Nest Soup from China contains swiftlet birds' nests which are made of hardened spit.

KOALA FACTS

- Koalas are not bears, they are marsupials. This means their young are born tiny and then grow further in the safety of a pouch.
- Koalas have very strong forelimbs and an excellent sense of balance so they can live in trees.
- Koalas mostly sleep during the day and are mostly out and about at night, although sometimes you will see them moving about during the day.
- Koalas have poor eyesight and they rely a lot on their large black leathery nose which is very sensitive to the smells of the bush.
- Koalas only like to live in bushland where their favourite trees are growing and koalas in different areas like different types of gums.

1. Trace around this shape and transfer it onto light cardboard.

2. Cut it out and follow the steps below.



(a) Fold in the arms & legs.



(b) Fold down the head.



(c) Draw in a koala face.



MAKE A KOALA HUG!

IN THE KITCHEN

This time we look at the important issue of obtaining sufficient protein from a vegetarian diet.

There has been some concern over whether vegetarian diets contain enough protein, and whether the 'incomplete' proteins found in vegetables – those that are either low in or missing essential amino acids – are adequate for the task of cell maintenance and renewal. More recent research indicates that a well-balanced vegetarian diet should have no problem with protein intake, and that health problems are more likely to be the result of overconsumption of meat and excessive protein intake than the reverse. Modern animal husbandry practices, which often rely on the use of antibiotics, hormones and pesticide dips, now cause much of the animal protein available to us to come complete with chemical residues and preservatives.

A vegetarian diet which contains adequate amounts of protein will include the following foods: dairy products and eggs (animal protein – no need to overdo it), dried fruit such as prunes, apricots, peaches and dates; fresh fruit such as figs, passion fruit, blackberries; vegetables such as potatoes, spinach, avocado, Brussels sprouts, asparagus, cabbage, artichokes, and best eaten raw are cauliflower, watercress and beetroot. Nuts, seeds and legumes are an absolute must. Legumes can be dried to make pulses such as chickpeas and lentils, or eaten fresh as beans and peas.

The protein value of a vegetarian meal can be increased by combining foods having low levels of certain amino acids, with those having high levels (see GR128, p50 for more detail on this). Combining foods in this way is popular all over the globe – from the beans and corn combo traditional in Mexico, rice and bean curd in South East Asia, to our own milk and potatoes or peanut butter and bread. A popular example of a protein-combining food is rice and lentils, eaten throughout the Indian subcontinent.

When considering protein intake, you need to consider more than just what foods are high in protein, but also their overall food value. For example, lamb is high in protein, but it is also high in saturated fat. Soya beans are a good source of protein, and in addition contain useful complex carbohydrates and no saturated fats. A simple way to eat soya is in the form of tofu. It is important, however, to

always buy organic or biodynamic tofu, to avoid eating soya beans which have been genetically altered to withstand huge amounts of herbicide spraying.

COLETTE'S MARVELLOUS MARINATED TOFU

1 block of hard tofu, about 300 g, chopped finely and marinated for at least 2 hours in:

3 tbsp tamari (Japanese soy sauce, wheat and gluten-free)

1 tbsp extra virgin olive oil

1 tbsp mirin (Rice wine used in Japanese cookery. Substitute sherry if mirin is unavailable.)

1 tbsp grated ginger

1 clove garlic, crushed

slurp of rice wine vinegar (Another vinegar, such as balsamic, will do.)

chopped fresh herbs of your choice

Serve tofu over a mesclun salad. Use the marinade, with a little extra vinegar if needed, as the salad dressing. Marinated tofu can also be used as a stuffing ingredient for rice paper rolls.

JEN'S TERRIFIC TOFU PATTIES

Combine together in a bowl:

large block of tofu – about 275g, mashed

1 cup breadcrumbs

1 tbsp soy sauce

1 clove garlic, chopped

1/4 tsp pepper

1/2 cup shredded celery

1/2 - 1 cup fresh coriander

fine breadcrumbs, extra

Mix well together. Form into patties and roll in the fine breadcrumbs. Fry until brown on both sides or bake in oven on a tray lightly spread with oil.

PUMPKIN DHAL

1 cup brown lentils

2 cups chopped pumpkin

3 cloves garlic, chopped

1 onion, chopped

1 tbsp fresh ginger, chopped finely

1/2 tsp turmeric powder

2 dsp coriander powder

2 dsp cumin powder

chilli powder to taste

salt and pepper to taste

3 cups water or vegetable stock

oil or ghee for frying

Wash lentils and set aside. Fry onion, garlic and ginger gently. Make a paste of the dry ingredients (turmeric, coriander, cumin, chilli) by mixing with a little water. Fry spice paste in oil. Add lentils and pumpkin and stir to mix all ingredients. Add water or stock and simmer until lentils are cooked and have a porridge-like consistency. Add salt and pepper to taste. Serve with brown rice, steamed vegetables and yoghurt for a protein-rich vegetarian meal.

BIG RED DIP

2 cups cooked red kidney beans

1/4 onion

1 small ripe tomato

1 tsp chilli sauce, or more to taste

2 cloves garlic

1 tsp cumin powder

1 tbsp sour cream, or more depending on required consistency

1/4 red capsicum, diced finely

chopped parsley for garnish

Blend first seven ingredients together, starting with the beans and adding others during the blending process. A small amount of water, oil or stock will make the blending easier. When blended, stir in diced capsicum and garnish with parsley. Serve with corn chips.

SESAME AND RICE PUD

Serious vegetarians get around the protein issue by combining ingredients that have a complementary relationship. This delicious dessert is one such example.

1/4 cup cooked brown rice

6 tbsp sesame seed

2/3 cup raw sugar

3 eggs

2-2 1/2 cups orange juice

1/2 tsp cinnamon

1/2 tsp ground ginger

1 tsp vanilla essence

zest from one orange

1/4 tsp nutmeg (keep for topping)

Grind sesame seed in blender to make a coarse meal. Beat eggs with sugar and vanilla, add orange juice and stir in rice, sesame meal, zest and spices. Oil an overproof dish, pour in mixture, sprinkle nutmeg over top and cook at 350° for 45 mins or until firm. Serve warm with yoghurt.

EDIBLE LANDSCAPING

AIBIKA

by Jane (Many Leaves) Lawrance, Babinda, Qld.

Don't overlook aibika as a hardy growing food source! You might know it as hibiscus spinach or ibika. I met some Solomon Island ladies at one of The Seed Savers' Network (SSN) conferences who know it as slipper cabbage. Botanically speaking it's *Abelmoshus manihot* from the family Malvaceae and originated in tropical Asia. Many a Pacific Islander and New Zealander will speak highly of this useful tropical perennial growing up to two or more metres if left unattended.

Leaf shapes and colours exhibit exciting variations – lush green finger-like leaves, large round green leaves, red-veined and stemmed large green leaves, and amazing red-veined and stemmed crinkly green leaves. It's such a splash of striking colour in the garden. Leaves can reach 25 centimetres or more in length, each type differing in size, some showing trilobe forms, while others split into four leaflets. I am sure there are many other species hiding out there!

Enjoying full sun or dappled shade, hot and moist conditions, aibika is self-pollinating and produces a beautiful yellow hibiscus-type flower (five delicate petals approximately 10 centimetres long and eight centimetres wide) wondrous to behold in your garden. A prickly seed capsule will emerge, dry out and say 'pick me now!'. Make sure the stem of the seed capsule is brown, open it up slowly and see those important seeds for saving or passing on – vital seeds to keep these varieties alive. You can always take cuttings which strike readily so long as they are



Jane Lawrance surrounded by productive and versatile aibika plants.

well mulched to prevent water loss.

Eat the leaves raw, they are decorative on the plate and very nutritious. It is said the mucin content is excellent as a body detoxifier, with plenty of protein, vitamins and minerals, especially iron. Trim the tender young tips to promote a short bushy plant to provide fresh greens for steaming or simply eating raw. Aibika is

also excellent forage for your poultry.

Not only is aibika edible, it provides a perfect natural living stake for any lightweight vines, fruits or vegies requiring a welcome, cool microclimate under the large leaves. Under your mature aibika, grow a ground cover of peanuts for nitrogen fixing, plant an annual bean or tomato to climb up your living stake for a produc-



The variety of leaf shapes make an attractive as well as a nutritious green vegie.

tive nitrogen-fixing guild with food on the way. Why not plant a hedge of aibika? It's useful, attractive and edible, just make sure that you prune (eat!) it to maintain a good leafy structure.

My established aibikas are in zones one and two so they are readily available as 'quick pick' greens. Allow some of your outer zone plants to produce seed while others are left for propagation by cuttings.

Observing Mother Nature is important! I have seen an inundation of caterpillars inside curled-up leaves and a day or two later the plant was looking very sorry for itself. If this happens, leave it – do not worry! No need to reach for any sprays. The same plant a week or two later will have fresh new leaves sprouting and is in fact stronger. Make sure you pick seeds and cuttings from your strong vigorous hardy specimens.

The seed capsule is picked when dry and brown. It is 3.5 to 4 centimetres long and contains five separate papery-lined ovaries with two to three seeds in each.

The seed varies from grey to brown and is three to four millimetres long, two to three millimetres wide and two millimetres thick and has a lightly grooved surface. Measurements may vary from plant to plant.

Why not search out an aibika to enhance your daily greens and ensure you eat many leaves each day?

For more details contact Jane 'Many Leaves' Lawrance, PO Box 374, Babinda Old 4861. 'Many Leaves' and 'Captain Alternative' run a variety of courses on sustainable living – please enquire.

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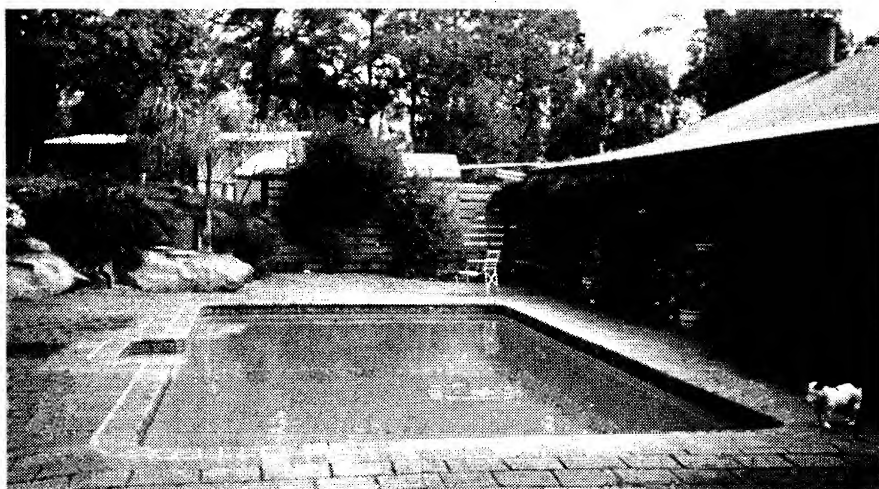
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UNSOLD AT AUCTION

Where To Now?

by Shirley Eller, north-east Vic.



I too was talked into an auction by enthusiastic real estate agents, so I read the 'Sale by Auction' article in GR118 with considerable interest and empathy. Several weeks of feverish gardening, window washing and some dedicated vacuuming of the swimming pool, had my lovely bush home in the Strathbogie Ranges looking magnificent on auction day.

Could I find anywhere as satisfying as this to live? Feeling sad, I watched strangers wander through the gardens, and heard children asking about the fish darting among the water lilies in the rock-walled pond. In the fernery, from the cellar, came discussion about the pipes placed for the storage of wine in the rock walls.

A clear blue sky gave a perfect backdrop to the tall gums framing the home site, as the small crowd gathered to hear the auctioneer's spiel. 'This unique home has a separate six square cabana with its own bathroom, bar, billiard table and open fire. A huge double barbecue. An inground concrete swimming pool with paved surrounds. A big underground cellar. Deep verandahs complete a three-bedroom (en suite in main) homestead-style brick veneer, with cathedral ceilings and two living areas.' He then directed their attention to the sprinkler playing over the native garden, supplied by bore water, and the underground 90,000 litre concrete, rainwater tank. The carport, double garage and three-bay machinery shed.

I realise it is too big for me now, but I really wanted to stay as I listened to the property description. The home was passed in, after wishful thinking prompted an unacceptable bid from one of the families.

My experience was not too dissimilar to that of the author of 'Sale by Auction', but unfortunately it has not resulted in a sale.

What I have found even more disappointing is the after-auction action, or perhaps I should say inaction, of the agents. Many phone calls made to the real estate office, requesting a copy of the advertising invoices, went unanswered. I finally received them along with a rather curt note in January (the auction was early November). I had expected the agents to be encouraging and to offer some advice as to the next steps I should take. But no! No phone call. No letters!

I feel there are many people who would enjoy the healthy environment and lifestyle my home offers, so I have made a decision to place a few ads for private sale (the Grassfields naturally) before approaching another agent, and if after six months I am still unsuccessful, I will consider leasing it.

Now, almost \$2000 dollars poorer, I would seriously suggest, if you are contemplating selling your small piece of paradise, that you offer it privately first.



MATILDA'S STORY

by Jean Paxton, Albany, WA.



She looked so tiny and helpless, a warm bundle of white, dropped on the chilly morning grass. Her mother seemed completely unaware of her existence, walking off without a backward glance. The bundle stirred and tottered to her feet. Another white form passed by and the little lamb eagerly poked her head towards it only to be knocked down heartlessly by someone else's mother. Sheep after sheep passed by, each one knocking down the desperate lamb as she tried to get a feed.

I could stand it no longer. 'I must go and pick her up,' I said. My husband laughed. 'You said you wouldn't be

tempted again.' 'I know, but this one deserves a chance,' I pleaded, 'she is trying so hard.' I hurried out into the pasture and gathered the little bundle in my arms. It snuggled down, seeming to understand that it was safe now.

The last time I had tried this, I had asked the agricultural authorities to help and they had supplied me with a special formula to prepare. I hadn't been successful. The lamb had still succumbed to the usual 'scouring' (sheep diarrhoea) and died of dehydration. I decided to take a chance and use just common sense. I prepared a weak solution of half cows' milk and half water, with a little sugar and put

it in a bottle capped with a special lambs' teat. The little thing fed hungrily and finally fell asleep. I wrapped her in a blanket and put her in a television box. I continued feeding her about every two or three hours, on demand, and gradually strengthened the feed. I realised I wouldn't be getting much sleep for a while, but if I could save the little life, it would be worth it.

I purchased a sulphonamide drug, called Scour-ban from the vet and gave it to the lamb when it started to scour. I knew that somehow I must give it some vitamins so I decided to add Milo to the feeds. She absolutely loved that and never really

looked back. I can remember many nights, waking up to the sound of her jumping up and down in her television box. My husband and I thought her antics resembled a kangaroo, so hence the name Matilda.

As the days went by, she grew stronger all the time and I knew that it would be a hard task to integrate her with

the rest of the flock. It was a gradual process. At first I put her out in the pasture when all her companions were there and she would come bounding back to her 'mother'. However, in time she did become fully accepted and realised her rightful place. Of course, she still comes to me, even though she is now four years old, but she will never let me caress her

for very long.

When she was due to give birth to her first lamb, I was worried that she would behave as her own mother had. However, my fears were unfounded and she has proved to be a splendid mother. The first year, she produced a girl, the second a boy, and last year she had twins – a boy and a girl.

RAISING AN ORPHAN LAMB

Pixie Ogilvie

It's not uncommon for farm people to suddenly find themselves with an orphan or mismothered lamb. What do you do; or more precisely, where do you find information quickly on nurturing this little waif? Pixie Ogilvie's article, from *The Early Years*, is still one of the simplest and most successful plans for raising a healthy lamb.

It is not so difficult to rear a lamb, but it does need a real desire to do so, because for the first two weeks the bottle has to be there and ready every three hours. A baby lamb is as delicate as any other baby animal, and it needs warmth and regular meals until it becomes established.

The main reason for the illness or death of a lamb being reared on the bottle is that of overfeeding. It is so easy to overfeed, and so difficult to bring the lamb back to normal health once it has been given too much too often. The following chart, if strictly adhered to, will give you a healthy happy lamb, with no troubles due to feeding incorrectly.

Ewes' milk is richer than cows' milk, but cows' milk is quite satisfactory and so is the powdered milk used for rearing calves. When a lamb is born, the first few drinks from its mother is a very complex milk called colostrum.

The colostrum contains substances which transfer immunity to disease from the mother to the lamb. If the lamb does not get the first few drinks from its mother, then it should be given an artificial colostrum which won't give immunity from disease, but which will flush the intestines and get rid of the foetal dung and get the bowels working properly. This artificial colostrum is made as follows:

- 600 ml milk
- 1 tsp castor oil
- 1 small egg

Mix all together and feed per chart below. When the artificial colostrum is fin-

ished the lamb is ready to be put on ordinary milk.

Unless you have a cow or can buy milk cheaply from a farmer, then the powdered calf milk is the way to rear a lamb on the bottle. Never serve above blood heat.

When the lamb is about five weeks old, omit the midday feed. Another five weeks and you omit the evening meal

Stop the morning drink when you think the lamb is ready for weaning off milk entirely (about 16 weeks).

The table assumes that from about day five, crushed oats and fresh grass are made available to the lamb.

Important: After any meal the lamb's sides should be straight from the hips to the rib cage and not puffed out. If puffing out occurs, too much food is being given and feeding should be stopped for that meal and smaller amounts given.

Do not feed milk too hot. Warm the bottle first and the lukewarm milk will hold the heat till it gets to the lamb.

UNDERSIZED OR WEAK LAMBS

On the first day, give 60g for all six meals and 90g for the next day. After that, proceed very carefully before increasing. Judge by the appetite, by the 'puffing out' of its sides, and by the general demeanour of the lamb.

LAMB TEATS PURCHASED FROM THE CHEMIST

The holes in the teats from the chemist have to be enlarged. Use a hot darning needle inserted into the hole already there and keep trying with the lamb. The hole should not be so small that the lamb becomes frustrated and stops trying but not so big that it gets the milk too quickly and chokes. As the lamb gets older, the hole can be further enlarged with nail scissors.

CHART FOR FEEDING NORMAL LAMB

(Newly Born)

Feeds measured in millilitres

Day	7am	10am	1pm	4pm	7pm	
10pm						
1	90	90	90	90	90	90
2	120	120	120	120	120	120
3	150	150	150	150	150	150
4	180	180	180	180	180	180
5	210	210	210	210	210	210
6	240	240	240	240	240	
7	300	240	240	300	240	
8	300	180	300	300	180	
9	330	150	330	330	150	
10	360	120	360	360	120	
11	390	90	390	390	90	
12	390	90	390	390	90	
13th	390		390	390		
(and subsequent days)						

Reprinted from *The Early Years*, now out of print.

GETTING TANKED UP

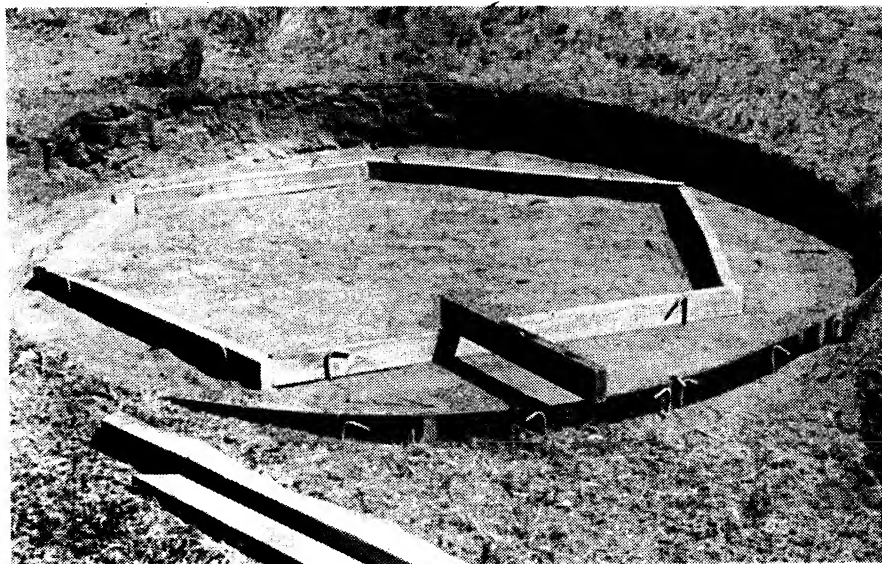
by Ian Brothers, Grenfell, NSW.

Corrugated iron water tanks are the cheapest and hence the most common type of water tank, at least out my way on the south-west slopes of NSW. Concrete tanks are far too expensive, as are plastic tanks which I would not have in any case due to their combustibility and the 'who knows what chemicals the plastic is giving off into your drinking water' syndrome.

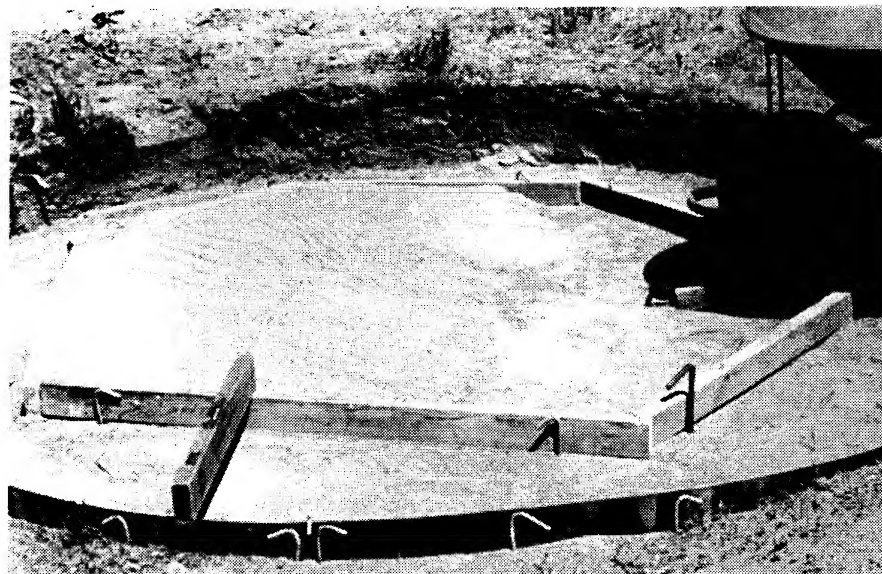
Plastic and concrete tanks do have the advantage of being able to be placed directly onto the ground without any other preparation than levelling the site. The zinc-coated iron tanks will corrode faster if in contact with moist soil that air can easily get to. This means that some sort of base must go between the tank and the soil surface if the life of the tank is to be maximised. A mate of mine has a 22,000 litre iron tank sitting on a boxed-in bed of sand with a plastic sheet between the sand and the base of the tank. Some circumstances could cause the loose sand to erode from the base (very high wind event, flash flood of surface water). This could put serious stress on the tank metal and seams where the base suddenly becomes unevenly supported. I prefer a solid base which requires no maintenance once installed, and that means concrete.

Recently I was siting a header tank of 9000 litre capacity on a hillside above our new home overlooking the lovely Warraderry Valley. The site was not suitable for access by a concrete truck and in the 40°C heat which plagued us for several weeks I did not fancy the idea of mixing the concrete for the whole base by hand (my only possible mode of concrete supply to this site). So I 'cheated' somewhat, but still achieved a good solid base of nil maintenance and aesthetic appearance. Basically (get the joke?), I made a structure which was circular, with concrete around the perimeter and stabilised earth inside the perimeter.

The tank was sited on sloping ground so the first thing to do was to excavate a



Levelled formwork for concrete and infill for header tank base. The earth hole forms part of the circle of formwork.



Putting the subsoil/cement mixture into the header tank base.

flat site. Because it was summer the soil was hard, so the less digging the better. I decided to excavate a circular hole the same diameter as the tank, and, if I was careful (which I was), the sides of the hole would be most of the circular form-

work to hold the concrete in shape. I only needed a small amount of 'circular' formwork at the lowest end of the slope where the hole was dug. This I made of masonite cut to the same dimension, heightwise, as the internal formwork

which held the stabilised earth while it was setting hard. The masonite was held in place by iron tent pegs, but any other suitable restraint would do.

METHOD

- Pick out the best spot for the tank, keeping in mind what is required for the future.

- Measure the diameter of the tank and divide by two to find its radius.

- Put a stake in the centre of where you want the tank to go. Attach some rope or sturdy twine to the stake using a noose tie at the stake and so the rope turns easily around the stake.

- Tie a sharp-pointed stake at a point along the rope equal to the tank's radius from the central stake, and walk around with rope taut to score a circle in the earth. This circle 'marker' can be deepened carefully with the point of a pick so you don't lose the circular mark.

- If the site is already dead flat (use a spirit level to check) you will now be able to put up circular formwork of cut strips of masonite held in place with tent pegs, or whatever else you can muster.

- If the site is not level, go to the lowest end of the circle and start scratching out the circular hole, checking its base is kept level using a spirit level (on a long straight bit of wood or other straight-edge material at hand). When excavated, put up as much circular formwork as necessary at the front of the hole using masonite strips (or other suitable flexible material) pegged into the right shape. Some pegs can go inside the strip of formwork to be removed later when the concrete is in place and still wet.

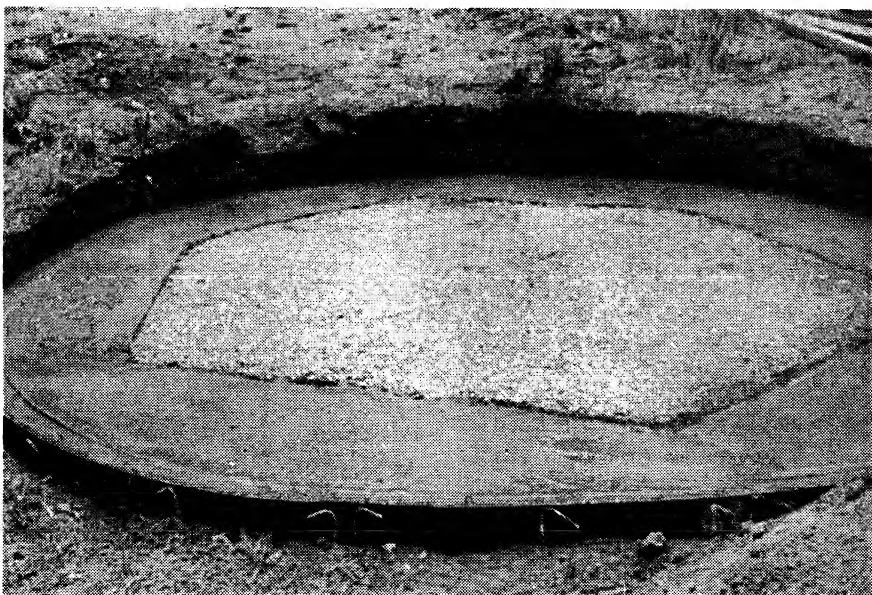
- Inside the circle and at least 30 cm from the outside (perimeter) place a formwork of strips of wood to hold the stabilised earth. I used a granite subsoil with cement mixed dry at the rate of one part of cement to eight parts of subsoil. The mixing was done in a wheelbarrow using the broad end of a mattock. This mixture is tamped down as solidly as you can and made level on the surface using the straight-edge material to help the levelling process by scraping it over the top. Pretend you are icing the top of a flat cake.

- Sprinkle water from a can (or hose if you have an appropriate supply) over the tamped soil/cement mixture so that it sinks in but doesn't flood and disturb the surface. Clay is not suitable for this process so a sand/cement mixture can be



Above: Wetting down the subsoil/cement mixture in the tank base.

Below: Completed tank base for header tank.



used at the rate of five parts sand to one cement if you have unsuitable soil. Keep watering the mixture until you feel satisfied it is thoroughly wet through. Water several times through the day.

- Next day, or later, when the central portion is quite hard, you can remove the formwork and put in a normal concrete mix (three parts gravel, two parts sand, one part cement) between the perimeter and central fill. Use a concreter's float to level the surface. You may need to check using a spirit level. I mix my concrete to a fairly wet consistency in a wheelbarrow using the mattock as before.

- Leave for several days before removing the formwork. Keep the concrete and central fill wet with periodic

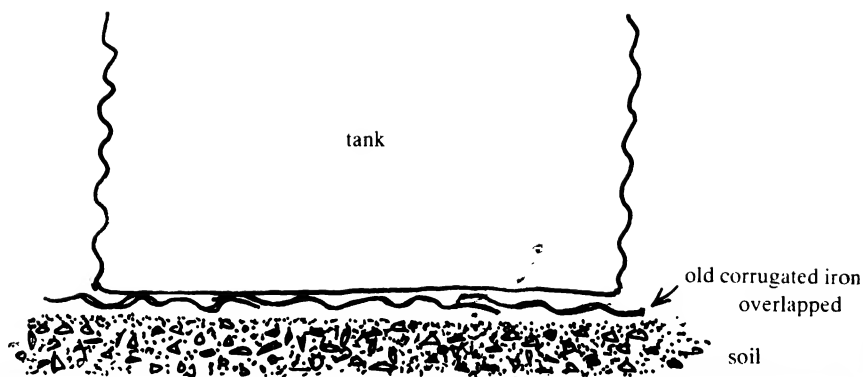
waterings to ensure it cures properly. If your concrete is in an excavated slope, then dig out around the slab to prevent dirt getting in around the tank and helping corrosion.

- When putting the tank onto your slab, all is not lost if it is not entirely level. You can spread fine sand or stone-free soil over the top and use a long straight edge to level it. Put a sheet of plastic over the whole slab (or several strips can be overlapped) and hold it down on the surrounding soil so it doesn't blow around when you and your helpers (to prevent hernias) are carefully sliding the tank on. Trim the plastic, then stand back and admire your handiwork.

I made my slab 50 mm thick as I have

very stable soil. The tank presses down quite evenly on the slab and it doesn't matter if it cracks here and there as you will never notice it. I'm putting a crazy paving of flat bits of granite around my tank as an apron and to prevent water coming down the slope and undermining the slab.

A temporary tank support can be made by putting sheets of old corrugated iron on levelled earth (on plastic sheet if required). Place the tank on top of the iron and it will remain well drained and actually last years if the old corrugated iron is not too rusted.



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PESKY POSSUMS

by John Mount, Woodford, Qld.

In light of Megg's persistent possum problems, I thought it timely to share these thoughts on ways to at least repel them from the vicinity of our homes and gardens.

To defeat an enemy you must get to know it! The killing of a brushtail possum nesting under a roof is often useless, not to mention illegal. The glandular odour remains and usually attracts a new tenant! Possums like to sleep or rest during the day and do their thing (eating, roaming) at night. If it's in the roof or ceiling of a building, nighttime (after it has left) is the time to block up its entry. And during the day might be a good time to try to capture it with a swimming pool type net with a long handle.

I have enclosed some homemade possum repellent recipes taken from my as-yet-unpublished book, *Dictionary of Handy Hints And Useful Ideas*. I also noticed in the Melbourne yellow pages (L-Z) two adverts: 'Possum Removal', page 2228, and 'Traps - animal or rodent', page 2997.

POSSUM REPELLENTS

- A possum spray repellent can be made by boiling 125 grams Lapsang Souchong tea in half a bucket of water. Allow to stand with a plastic cover until cold, strain and spray. Spray again after rain.

- Make a possum spray repellent for fruit trees. Stir two teaspoons of quassia chips into four litres of water. The spray makes the fruit taste bitter, so wash it before use.

- Mix tabasco sauce with a water glue such as clag and daub it on trunk and tree branches.

- Light is another deterrent, rig up a small light bulb or bulbs on fruit trees, especially during fruiting.

- Place bottles or cans containing blood and bone in trees or shrubs to deter possums.

- Spread naphthalene flakes or quassia chips.

- To repel possums from rose bushes, plant a clove of garlic at the base of each bush, or sprinkle cayenne pepper around the base.



- The dried and powdered juice of aloes, if dusted on plants, shrubs, and trees, is said to repel possums, rabbits, and other wildlife.

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KANGAROO ISLAND BOUND

HOME AT LAST

by Brian and Diane Yates, Kangaroo Island, SA.

How good it was to type out the name and address of our home at last. It ended up taking close to fifteen months to make the dream happen, but here we are. At some points along the way, we came very close to giving up. It seemed that everything we set in motion went differently to our expectations. Having decided to go with mains power we thought our troubles in this area were over. Oh, how wrong we were! From the time of booking the power installation, it took nine months to actually get the power on our block. The cost blew out from the early estimates of around \$12 000 to finally come in at \$17 000!

Our dam was dug and of course they hit rock (still don't know if it will hold water). The ground for the shed site needed a little levelling. We ended up with our shed in a hole, that of course the rain fills up (maybe this is where the dam should have gone!). The shed itself arrived on the island and was promptly driven over by a feral truck; six months later we finally had a complete shed.

Then came the ominous phone call from the builder of the house: 'I can only find two pegs marking where you want the house; which way does it face?' When you are sitting in Sydney, this is the last thing you want to hear! Good friend Mike to the rescue. He thought he remembered where the house was to go, so out he went to repeg the site (I still think he was 0.005 of a degree out!).

So, as completion day followed by moving day drew ever nearer, slight panic began to set in. How can any sane person have a house built, with septic tanks, water tanks, shed, dam, etc etc and not visit the site once. Answer: They can't. We are crazy, because that's what we did!

Moving day dawned, just after new year; hot, very hot. The removalists arrived, packed up the worldly goods (still couldn't believe that this lot would fit into the smaller place we had built!), and we set off, arranging to meet two days later on the island. I think we



We had tears in our eyes as we stood on our veranda and soaked up the view.

picked the two hottest days in January on which to travel. Normally we stop every two hours, so that the dogs can enjoy a run and little Jade (granddaughter) can get out of the child seat. On this trip, we just kept going in order to enjoy the car air conditioning.

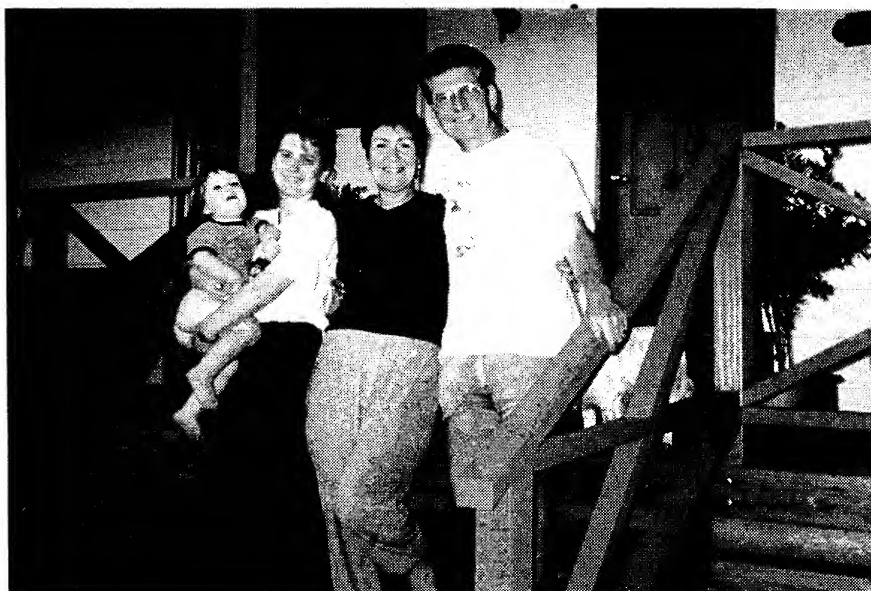
Finally, we arrived on the island, where it was at least a little cooler, only 38°C, and set off for our land. What a wonderful experience to finally be living our dream. Where before there was only farmland, there stood our home. To see what was only imagined before, or seen as drawings on paper, standing right before your eyes is an extremely emotional experience, and we all had tears in our eyes as we stood on our verandah and looked out over the well remembered view of Murray Lagoon.

As if to welcome us to the place, five wedgetailed eagles majestically soared into view, gently rising and falling in the clear blue sky. Were they checking us out? Were we acceptable to the big birds?

Finally, with one last adjustment to their enormous wings, they soared up and away, fading to dots in the distance. Now we knew that we were in the right place.

We set about moving in. There were some problems (aren't there always?), but it all went smoothly. However, the biggest problem was the lack of fly-screens! Here we were on a hot day, with every window and door open, and of course every fly for miles around came to pay a visit. If you stopped for a second during that day, the steady hum of a thousand flies was all you could hear. We got through a lot of fly spray that night and thanked God for vacuum cleaners!

Our first priority was to set up the Bed and Breakfast rooms, as we were already under pressure from booking sources to make ourselves available. Out came all the new furniture, linen and fittings for the first time. Would it all fit? Would it look okay? Well, the answer was an emphatic yes! Diane had chosen well; both rooms looked a pic-



Jade, Lara, Diane and Brian have adapted joyfully to life on the Island.

ture. We were ready for business and our first guests arrived less than two weeks later. All went well and since then we have had several visitors, all from overseas and all going away happy and leaving a glowing comment in our visitors' book.

We are now busy settling in and making more detailed plans for the future. Luckily, we have a good neighbour, Geoff, who stops us making too many silly mistakes. He can often be seen shaking his head, as if in despair at these naive townies. His help has been invaluable.

Brian has now built the chook palace and there is just the fence around the run to be put in. He'll probably wait until we have had some rain before putting posts in as the ground is like concrete at present. The vegetable garden was high on the priority list, but as Geoff pointed out, 'If you dig the ground over now, your soil will be in the next paddock with the first stiff wind!' So a few jobs must wait for the first rains, then it will be all go. There are 300 trees from Trees for Life due in April, so a heavy planting session will follow soon after. In that short period between the rains starting and winter kicking in, we have to plant the trees, dig the vegetable patch, erect a possum/wallaby-proof fence around the veggie and orchard area, erect a brushwood fence around a backyard area, fix up the flow of water to the dam, put another rainwater tank in, etc etc. I thought we were changing our lifestyle to relax and avoid stress!

All of us are adapting well to our

new lifestyle, but Lara's daughter Jade has taken to it like a duck to water. We frequently sit on the verandah watching this often-naked little girl run about chasing the dogs, screaming and yelling, full of laughter all the time. At times like that, we know deep down that this was the right thing to do, even if things are a bit hard at first. We often reflect on some of the similar stories we have read in *Grass Roots* and can now fully identify with the sentiments expressed by those people who have made that scary break with the past lifestyle and sought the peace and harmony that really does exist in rural Australia.

Anyone who has read *Lord of the Rings* would recognise the name 'Lothlorien' as the last and magical home of the elves. This name for our property was chosen long before we found our new home on Murray Lagoon, but it certainly fits this wonderful part of Kangaroo Island. Each day brings a new variation to the view across the lagoon. the hundreds (possibly thousands) of birds are a constant delight and just learning about nature brings limitless reward. Mind you, possums screaming and crashing about in the middle of the night I could do without!

Come and see us if you ever visit Kangaroo Island (and you should), and of course, any readers of *Grass Roots* will get special rates if they want to stay a while.

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BUYING A BLOCK

by Lisa Cooper, Greta, NSW.

I thought I'd write and tell you about our search for an acreage in Queensland, in the hope that it might be of help to others with a similar aim.

We received a claim for a car accident and, after spending most of it paying off debts, we were left with \$6500 with which to find some land. Not much I know, but we were optimistic. We'd always hankered after the sunny life in Queensland, so when Brett found out he'd be having four days off work we decided that was the time to go. Four days isn't long, but we were confident that we would find our land.

We had done our research of course. I'd phoned a lot of Bundaberg real estate agents to find out what they had to offer, so we had a fair idea of what we were looking for. GR land ads always provide good information as well. We had also been to the bank to arrange finance. The bank agreed to finance us for \$25,000 with a \$5000 deposit, and a repayment schedule of \$50 per week. We were happy with this arrangement as we knew we could afford \$50 per week on top of our house repayments.

'Just go and find the land and we'll take care of the money,' the nice loan officer told us. So we set off knowing we had nothing to fear moneywise at any rate. We packed up the kids and headed off to Bundy. It sure was a long trip – sixteen hours with three moaning kids in the back. Brett took first shift, I took second. We arrived in Bundaberg, very tired, totally exhausted actually, but we were there at least and still very optimistic.

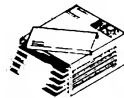
After booking into a motel and cleaning up, it was time to find the real estate agents that I had phoned previously. The agent we ended up with was the type that gives real estate agents a bad name. He took us on a wild goose chase to see all kinds of land we didn't want, after being told extremely clearly what we did want. We wanted 20 acres or more, heavily treed, with a creek. We have since discovered this is a ploy of certain disreputable agents. They take you to see the worst properties first, as it makes the one they want you to buy look so much better. He finally took us to one



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that interested us, but was drier than the picture we had painted in our mind's eye. However, it was 30 acres, and selling for only \$25,000. We decided to buy it.

When back at the real estate office, we phoned the bank to inform them we'd found our land and ask them to send the deposit. That nice loan officer answered our call. 'That sounds like a nice piece of land,' she said. 'Does it have electricity and town water?' I sensed a problem. She hadn't mentioned electricity or town water before. We told her there was electricity available but we wanted solar power. There was no town water available. After all, how many out of town acreages do have town water? We also didn't want town water. We'd much prefer to have tanks and dams, maybe even a bore. Dams are cheap to build up this way - \$500 for a good size dam. Who wants town water?

The silence on the end of the phone was deafening. 'Well, we can't give you the money unless the property has electricity and town water.'

We were stunned! We'd come all this way to have her tell us something she should have informed us of before we left home. What were we to do? Brett was ready to head back home and consolidate our losses, but I was not yet defeated. I remembered that while phoning agents before we left, I'd talked to one agent who mentioned they offered vendor finance. I had of course replied that we already had bank finance, however, vendor finance now looked very attractive. His name had stuck in my head (we'll call him Max), however, I had no idea which agency he worked for. There was nothing for it but to drive to each real estate office in town and ask for Max. We discovered there are a large number of real estate offices in Bundaberg. We found Max after trying about fifteen.

After we described what we wanted, Max hopped into his car and we followed him to the most beautiful 25 acres on God's planet. It was lush and green, a light shower falling where it seemed dry everywhere else. It was heavily treed, but had several fine house sites upon it. The soil was rich and black, the earthworms teemed out from it. Animal life abounded. It was the property we had envisioned in our mind's eye and Max had brought us straight to it. We raved to each other about what a fine man Max was - all the way to the office we sang his praises.

Max informed us that because we were vendor financing we could not do a deal on the price, it would sell for \$35,000. We would also have to make repayments of \$110 per week. We told him we could only afford \$50. After much bargaining we shook hands on \$73 per week. We then returned home, very pleased with the way our trip had eventuated. It was a whirlwind event, but we'd succeeded in our dream. We were now the proud owners of 25 acres. Never mind that we would only see it a few times a year. Eventually we would build there and become truly self-sufficient.

Then came some bad news. Upon signing all the legal documents, we discovered Max had failed to mention the \$20 a week interest we would have to pay which brought our repayments up to \$93 per week. Now an extra \$20 per week may not seem much to some, however, we had been stretching our budget to find the \$73 per week, without having to find an extra \$20.

We are managing, luckily, and can't foresee a time when we would be unable to make a payment, as long as Brett doesn't lose his job. I shudder to think what would happen to us in the event of unemployment.

So, to sum up our experiences in point form:

- Don't trust anyone. You can be sure they're more interested in themselves than in looking after you.

- Get everything in writing. It's amazing how people can promise you something, then change the rules halfway through the game, causing great inconvenience and hardship.

- Consider vendor finance as an alternative to the banks. However, be very clear on what the repayments plus interest will be. You pay more in the long run with vendor finance, but when the banks won't touch you, as in our case, the vendor financiers will often give you a go.

- If you are under pressure, as we were, trying to find and buy land in four days, two of those spent in travelling, try to keep your judgement so you don't regret your choice. If we'd bought that rather dry block we looked at first, we never would have discovered our lovely property. Maybe it was divine intervention that the bank wouldn't lend us the money for the first property.

I hope there have been a few helpful hints in this article for when you go looking for land for the first time. We were complete novices, and I'm sure we will not make so many mistakes next time. May you one day find your own little piece of Eden, as we now have.

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GETTING STARTED

by Vince Conlan, Binya, NSW.

Aside from providing windbreaks; shade and stock shelter; returning nutrients to the soil; attracting rain; reducing salinity; providing wildlife habitats, wood, oils, medicines, flowers, fodder and food; trees are beautiful and good for the soul. A fodder forest is a multi-storey pasture. Trees, shrubs and vines are grown along with traditional legume grass pastures or crops. By including forests of fodder we increase our pasture surface area and diversity while ensuring adequate reserves for times of drought.

It's true, variety is the spice of life. A varied diet is more likely to keep stock healthy. As well as increasing the variety and amount of food available, fodder forests provide green feed in the lean months. Stock use the proteins in this green food for digesting the remaining dry pasture. This means that fodder forests can reduce the need for supplementary protein licks, hay and grain feeding. One of the most widely used fodder trees is old man saltbush (*Atriplex nummularia*).

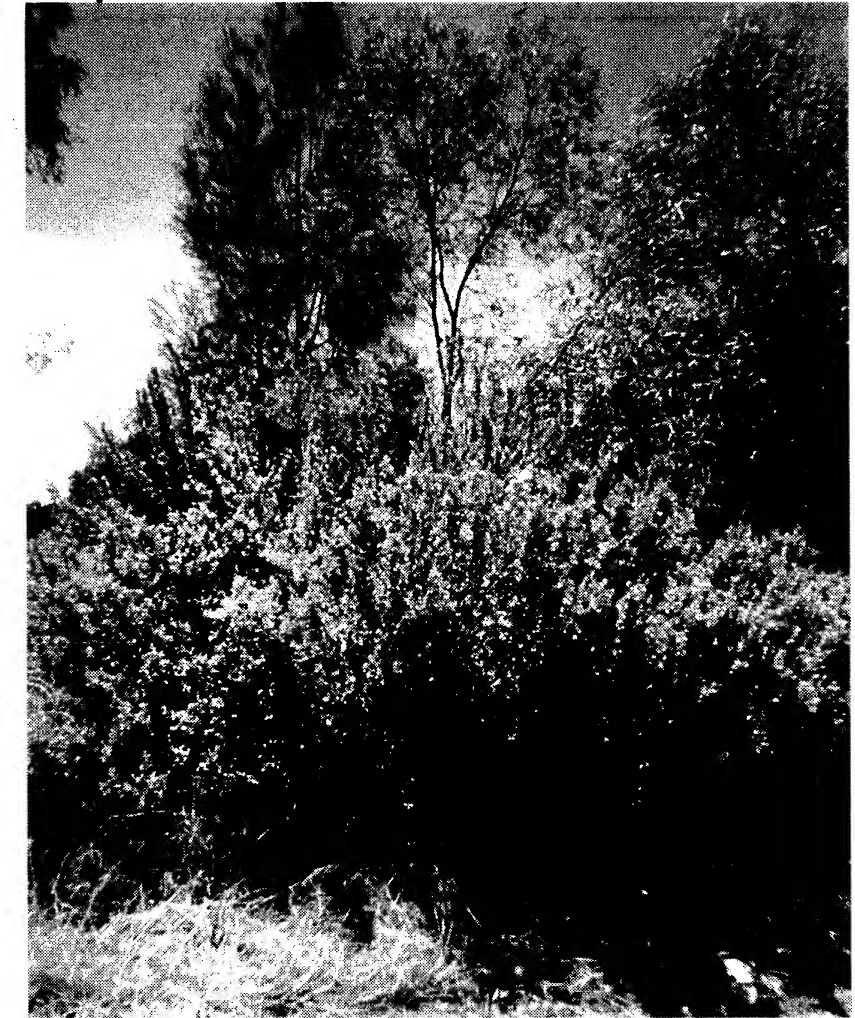
OLD MAN SALTBUUSH

Habitat

Occurs naturally on all soils in Australia's semi-arid areas, survives in areas with an average rainfall of 150 millimetres. Drought and frost tolerant.

Propagation

Old man saltbush can be propagated from seeds, cuttings and root stems. The seeds ripen mid summer and can be harvested easily by hand-stripping them into a plastic bin. Salt within the fruiting body inhibits germination. Germination is improved by milling, or simply soaking overnight to remove the salt. While saltbush seed may look large (5 - 8 millimetres long), energy stored for germination is very little. Removal of bracteoles by milling reveals a tiny seed. It is essential, therefore, that saltbush be sown very shallowly and in a loose medium such as sand. Cuttings can be taken in autumn



Established fodder forest of saltbush (foreground), acacia and casuarina species.

or spring. Seed and cuttings grow best in a well draining potting mix.

Uses

Saltbush is highly regarded as a fodder plant. Some farmers claim that by planting saltbush they have lifted the stock holding capacity of their property. Research by the Department of Agriculture and CSIRO shows that a sole diet of saltbush will not fatten stock. At best, saltbush has the feed equivalent of poor quality oat hay. It will maintain stock, keep them alive in a drought, but will not fatten them and

is no good for lactating stock.

Everyone agrees that the nitrogen in the leaves aids digestion of dry annual grasses and that, with a supplement such as hay, pasture or grain, saltbush will fatten stock. Good quality water is essential in a saltbush pasture. Stock need to consume large amounts of water to flush the salts from their body.

Saltbush also makes excellent stock and crop shelter, produces sweeter more tender meat and helps maintain a more uniform wool because there is a constant supply of feed available. Like

all deep-rooted shrubs and trees, saltbush returns nutrients leached into the subsoil to the soil surface as humus. It also attracts native wildlife, particularly birds. At my place, the sparrows love it (in fact, sometime they strip fresh seedlings, eating leaves, bark and all until the plants are dead). Saltbush is also a bushfood. Early settlers boiled and ate the leaves. They're quite tasty.

TREE ESTABLISHMENT

There is no doubt about it, planting trees on farms is a good idea. It can also be hard work. Last year I planted out over 600,000 seeds and 6000 seedlings. Only a few hundred have survived. The secret, they say, is not to give up. Plant every year, use year-old rip lines and weed control, weed control, weed control.

Planting Every Year

Planting trees is not really work, it's a joy – there's something essentially good about it. To be successful, however, takes some thought and preparation. Farm planning is essential. Trees are a long-term investment and there is no point planting vast forests if you are only going to pull them out a couple of years later for some new development. Contact your local Greening Australia, Landcare group and farm planning consultants before you begin. Design an overall plan. Budget for tree planting as an ongoing expense. Choose trees that will benefit and add value to your property. Deep ripping and weed control is most effective begun a year in advance.

Ripping

In order to increase our water harvest, my brothers and I survey the area that we have chosen to plant with trees and peg out contour lines 25 metres apart. Later we rip along the contour lines in double or multiple rows about one and a half to two metres apart. Whether planting seed or seedlings, young trees survive better if the ground has been ripped the previous year. Ripping the ground makes planting the trees a lot easier. It also breaks up any hardpans and directs moisture deep into the subsoil. Over time, rip lines seal and trap this moisture. Subsoil moisture is essential for trees to survive in areas, like ours, with minimal or no summer rainfall (our average rainfall is 425 mm). Freshly ripped ground has had no time to settle, contains many airpockets and can release any existing subsoil moisture. If you haven't ripped, do it now!



Bush regeneration after scalping to remove the top few centimetres of weed seed laden soil.

Weed Control

Last summer, in the far corner of our horse paddock, rye grass and black oats grew so high that they fell over, knocked my tagasaste seedlings to the ground and smothered them. Weeds will steal nutrients, moisture and sunlight. Weeds will also provide shelter for pests.

Weeds can be removed by scalping, cultivation, slashing and chemical sprays. I hate chemicals and avoid them when I can.

Scalping requires the removal of the top few centimetres of soil which contain all the seed. Scalping is widely used by Greening Australia to encourage germination of remnant vegetation and there are several places on our farm where we have scraped off the topsoil to form contour banks for water catchment and the following year found a small forest of box trees growing happily. By removing the top layers of soil you can effectively remove most weed competition.

Cultivation also removes weeds. After the autumn break wait a week or two, until you notice that weeds have germinated, then plough them in. Of course, there will be plenty of weeds that germinate later in the year and these will need to be cultivated, slashed or otherwise dealt with.

Slashing needs to be done in the spring, before weeds can set seed. Rye grass and black oats make average silage or hay which will be valuable the following summer or next drought. More

importantly, you will notice a dramatic decrease in weeds the following year. If you don't have access to baling equipment, use the slashed weeds as mulch for the garden. Be careful not to leave mulch close to the base of seedlings as this can create collar rot and kill them.

What Species?

Contact Greening Australia and Landcare for advice on suitable species for your area. There are a huge number of tree and shrub species that make an excellent addition to traditional pastures of legumes and grasses while providing wood, seed, or other valuable products.

Reader comments and experiences are most welcome. A friend of mine has been doing roadside grazing trials and seems sure that several new acacias and a species of grevillea have potential. If you have information or experience on how to propagate/establish useful farm trees, please share what you know. In the meantime, happy planting!

Next issue: Planting tips and orange wattle. Vince Conlan is a nurseryman and dryland farmer at Binya. If you would like more information contact him at 'Gowrie', Binya 2665. Ph: 02-6968-3310. Fax: 02-6968-3245. Saltbush and orange wattle: 10c each.

FARM STAY - NO PAY

Farm Stay...for work instead of money? Contact Willing Workers On Organic Farms (WWOOF), RSD, Buchan, Vic 3885. Ph:03-5155-0218.

HEAT BAG FOR KIDS

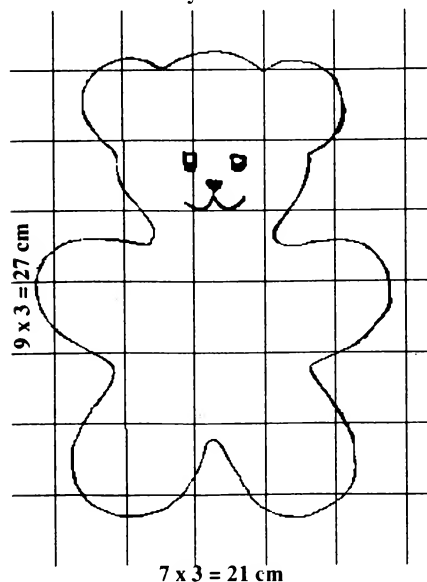
You're probably familiar with the microwavable alternative to hot water bottles – rectangular cloth covered wheat bags. These little bags can help to ease aches and pains such as those caused by arthritis, sprains, backache, tummy ache, headache and toothache, or just keep you warm and cosy on winter nights. What follows is a description of how to make a heat bag especially for kids. Try making up cute animal shapes to keep your children cosy on winter nights, or to comfort them when they are suffering a sprain or a tummy ache. They are particularly cuddly when made up in fine cord material and the addition of the soothing aroma of lavender will provide further comfort.

TO MAKE

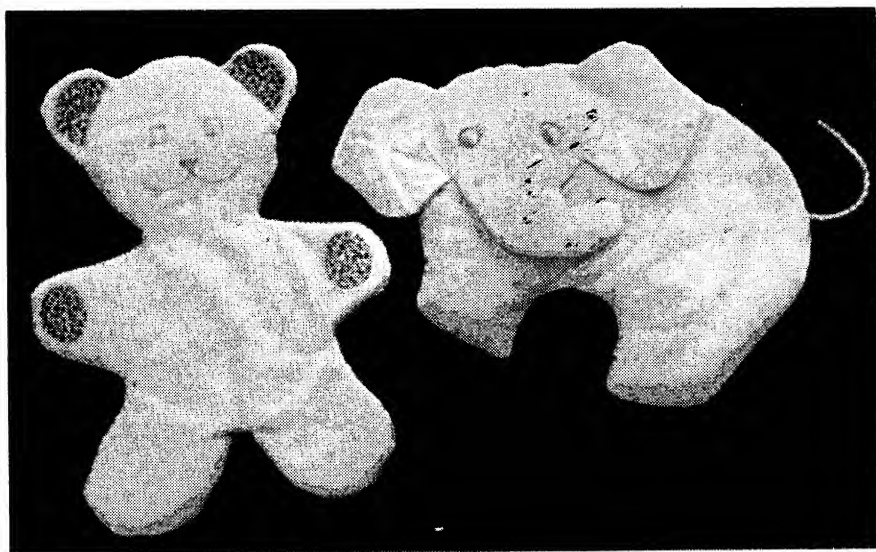
Materials

- Cord material for outer bag approximately 27 cm high x 21 cm wide. You can use the teddy pattern below as a template and enlarge. Cut 2.

Teddy Pattern



Teddy pattern with 1 cm grid lines ruled on the design needs to be drawn on a 3 cm grid to make teddy 27 cm x 21 cm.
outer bag 27 x 21
inner bag 25 x 19



Teddy and elephant heat bags for kids made by Enid Grundulis, Box Hill North, Vic.

- Calico for inner bag 25 cm high x 19 cm wide. Cut 2 the same shape as the outer bag less 2 - 3 cm all around.

- Approximately one kilogram of cleaned wheat.

- Dried herbs such as lavender and a few drops of the same essential oil, and extra calico to make up a little bag to put these in (optional).

Method

Make the calico shapes for the inner bag, and sew together leaving one side unsewn. Turn inside out, clip seam then fill with wheat. You can make a tiny calico bag and fill this with dried herbs and a few drops of essential oil. Put this in with the wheat. Sew up the shaped calico

inner bag with small tight stitches. The outer cover is made the same way, leaving one side open. Insert the calico bag containing the wheat, then turn in the hem and sew up the outer bag.

To Use

- Place the heat pack in microwave.
- Place small container of hot water in microwave.
- Have heat set on high for two minutes.

Note: If wheat becomes too dry and overheats, it is flammable. The addition of water to the microwave creates a humid environment to help prevent this. Test bag for heat before giving it to your child to use.

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NATURE'S TREATMENTS FOR COLDS AND FLU

by John Mount, Woodford, Qld.

Until medical science comes up with a sure-fire cure for one of the most common of human ailments, the common cold, we mere mortals must content ourselves with nature's cures – one of which is time itself.

Modern medication can alleviate annoying flu and cold symptoms to a greater or lesser degree, depending on the severity and the cold strain. But are there natural treatments available that might be just as effective, if not more so?

One 'cure' that has been tried with limited success, is having warm moist air, or dry air, blown up the nostrils for up to half an hour. Though few, I doubt, would have the patience to endure that amount of time with tubes sticking up their noses.

Another home remedy is 'forced crying', a technique which produces symptoms similar to the affliction; red eyes, a



running nose and a stuffy feeling in the head. The best way to carry out this technique is to organise an open fire barbecue and assume the role of chef. Within a few minutes, I can personally guarantee, the smoke (which always seems to follow one around the fire) will have your eyes and nose running profusely.

Pieces of crushed raw garlic or white onion wrapped in cotton wool and stuffed

up the nose have been known to ease the symptoms and shorten the healing time.

An old Eskimo remedy is to immerse the nose in a handful of snow, crushed ice, or a basin of ice-cold water. The cold is thought to contract and dry the swollen membranes and create an effect similar to that of modern antihistamines.

A popular treatment for flu and head colds is the sniffing and breathing in of vapour from a basin of boiling water with a towel draped over the head. Sometimes a little menthol or eucalyptus oil can be added to the water.

Tea made from ginger and sweetened with honey, if taken just before bedtime, has been known to break up a cold.

But when all is said and done it must be borne in mind that prevention is better than cure and a healthy body sustained by proper nutrition will go a long way to preventing colds and flu.

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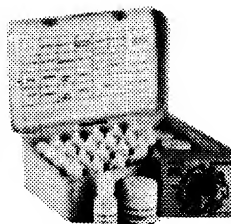
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GARDEN BOUNTY

Geraniums

by Cheryl Beasley, Karalee, Qld.

Geraniums or pelargoniums need a rich, well-drained soil and a warm, sheltered position in a sunny situation to grow at their best. Compost well around them in autumn to ensure good flowering in spring. Any scented leaf geranium can be used in the making of cosmetics. They are good for adding fragrance and they also contain healing properties that can benefit oily skin

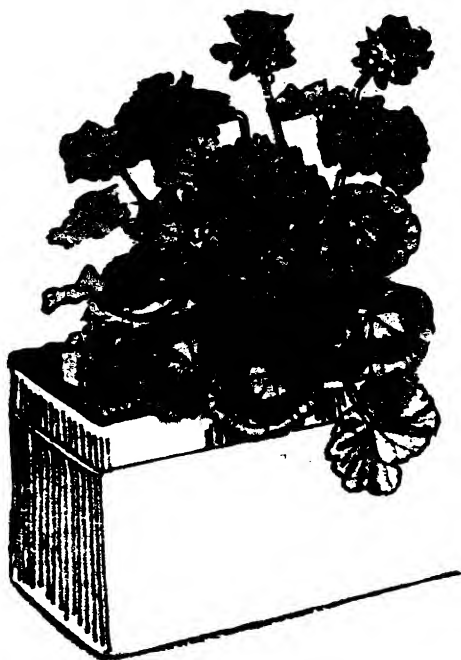
GERANIUM LORE

This lowly bush has a unique origin. When the prophet Mohomet stopped to rest and pray one day, he first removed and washed his shirt, draping it over a bush to dry. Arising, he took the shirt from the bush which had transformed into the geranium.

GERANIUM CREAM

- 1 tbsp paraffin wax
- 3 tbsp lanolin
- 4 tbsp sunflower oil
- 2 tbsp geranium infusion
- $\frac{1}{2}$ tsp borax
- 2 drops tincture of benzoin

Melt the wax and lanolin in a pan over simmering water. Add the oil and mix. Dissolve the borax in the heated geranium infusion. Remove both pans from the heat and whisk the geranium mixture into the oils, add the tincture of benzoin and beat until thick and cool. Keep in the fridge for freshness.



GERANIUM MASK (for wrinkles)

Simply simmer six to eight geranium leaves in a little milk. Cool and place the leaves over your face. Leave them for twenty minutes then remove and splash the face with lukewarm water. Alternatively, the geranium leaves can be mashed after heating in the milk and the mashed mixture placed over the face and neck for twenty minutes. Add half a cup of ground oats to the mashed mixture and make into a paste with the warmed milk.

Again, twenty minutes is the specified time to leave it on the face.

HEALING HAND CREAM

- 6 tbspralmond oil
- 5 tbsp lanolin
- 2 tbsp strong geranium infusion
- $\frac{1}{4}$ tsp borax
- 2 drops tincture of benzoin

Heat the oil and lanolin in a pan over hot water. Remove from the heat and beat in the warmed geranium infusion in which the borax is dissolved and add the tincture of benzoin. Beat until completely cool.

DELICATE SCENTED WATER

- 1 lt water
- 1 cup fresh scented geranium leaves

Chop the geranium leaves and place in a bowl. Boil the water and pour over the leaves. Leave overnight to steep and cool, then strain. This water can be added to cosmetics in place of pure water or added to the bath water to soften and heal the skin.

Scented water can be made from alcohol giving a water that lasts and needs no refrigeration. Crush one cup of geranium leaves and pour over this two cups of pure alcohol. Allow to steep for four weeks in a warm spot and strain before use. This water can be used to delicately perfume the skin or can be used in the final rinse of the washing machine to give your clothes a lingering scent.

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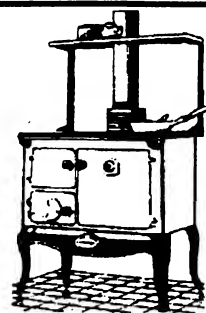
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ROUND THE MARKET PLACE

We hope you enjoy this feature introducing new products relevant to readers' lifestyles and interests.

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Candlelight Trust produce a range of instructional videos relevant to many GR readers. Titles include *Passive Solar Design of Buildings*, and this one, *Remote Area Power Supply (RAPS)* which outlines the use of renewable energy for the production of a domestic power supply. Solar, wind and water means of electricity generation are examined and illustrated with animations, interviews and footage. Suitable for people wanting to install one of these environmentally friendly and low cost systems and for general educational purposes. The video is available for \$39.95 (plus \$4.95 p&p).

Contact: Ross Mars, Candlelight Farm Permaculture, 100 Falls Road, Hovea, WA 6071. Ph/fax: 08-9295-4627.

THE BEST OF FARM SHOW MAGAZINE

Farm Show is a North American farm magazine. They have recently produced a special *Best Of Farm Show* edition which is a collection of the most popular ideas and features from the regular editions. This mag would be a great resource for GR folk because it's full of useful farming equipment and techniques. *Farm Show* covers all aspects of farming from building soil fertility with nutrient-rich humus, to 'home-brewed' solutions, to pesky animals and insect problems. Subscriptions to *Farm Show* cost \$US23.95 per annum.

To enquire about a subscription to *Farm Show* you can write to Farm Show Magazine, PO Box 1029, 20088 Kenwood Trail, Lakeville, Minn. 55044. Or visit their Internet site www.farmshow.com

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Orange Farm Hardware is a mail order business that supplies meat-processing equipment for the home and farm. Their catalogue includes meat mincers, both electric and manual; skins, casings and sausage meals; twines, tubs, netting and cures; cutting blades for meat, timber and steel; skewers, hooks, tenderisers and brine pumps; sausage-filling machines and a wide variety of knives, cleavers and saws for butchering, skinning, boning and kitchen use. Most products carry their own manufacturers' warranty, which is backed up by Orange Farm Hardware. All second-hand equipment has a three-month warranty. Equipment and materials for butchering and smallgoods are also available from Huon Distributors. They are a family business, established in 1985 and based in Albury-Wodonga. Their products can also be purchased via mail order, or you can visit their showroom. A catalogue is available which covers mincers, bandsaws, sausage fillers, a wide range of knives, sharpening utensils, butchers' aprons and belts, plus an array of casings, premixes, cures and seasonings.

For catalogues and price lists contact: Orange Farm Hardware Pty Ltd, PO Box 1959, Orange 2800.

Ph/fax: 02-6362-3785. A/h: 02-6361-0557.

Huon Distributors Pty Ltd, 2 Osburn St, Wodonga 3690.
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STEINER EDUCATION TEACHING MANUALS

The Spiritual Syllabus Series by Alan Whitehead is a comprehensive catalogue of the Steiner teaching program – 50 teaching units for each year – each usually taught in the three-week block strategy. The books cover the four main academic strands of modern schooling: language, maths, social studies, science. There is also available a range of more general learning manuals for example, *Hathor the Moon Cow* (sex ed), *House of Three Froggies* (nutrition) and *Dramatis Divine* (drama teaching). Susan Whitehead has produced some little story and picture handbooks in the Steiner tradition for the under-sevens. These include an autumn/building story, a winter/puppets story, a spring/modelling story and a summer/dressing up story. Both Alan and Susan are Steiner teacher trained and have many years experience teaching in Steiner schools. A pamphlet describing the books is available.

Contact: Golden Beetle Books, Box 33 Brunswick Heads, NSW 2483.

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VERSATILE HERB

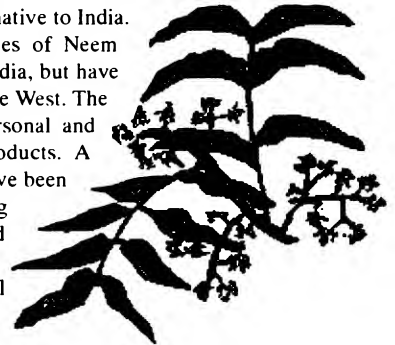
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Colloidal silver has been used throughout the ages, and was popular in the West until about 60 years ago. At that time it became prohibitively expensive and could not compete with the synthetic antibiotics which began to flood the market. However, the increasing resistance of bacteria to synthetic antibiotics due to widespread use is cause for alarm, and high quality colloidal silver can now be produced at low cost. Colloidal silver is a pure substance consisting of submicroscopic clusters of silver, held in a suspension of pure ionised water by a tiny electric charge placed on each particle. It is a powerful, natural antibiotic with no known side effects or toxicity. It is claimed that colloidal silver is the most effective disease, germ, virus and fungal killer known. Both a remedy and a preventative for colds, flu and other infections, colloidal silver is said to rapidly subdue inflammation and promote faster healing. Taken daily, it provides a second immune system resulting in more energy, vitality, vigour, relaxation, and reduced bodily toxins. Colloidal silver is claimed to kill over 650 diseases, is non-addictive, contains no free radicals, is safe for pregnant and nursing women, and does not react with other medication.

For further information contact: Tom Burgess, KRC Health Solutions, Locked Bag 12, PO Southport, Qld 4215. Ph: 07-5591-0370.
A/h: 0414-711-321.



HEALTHY HOMES



In GR 131 we invited you to send in your favourite tips for an organic diet and/or for a chemical-free home to win one of two recently published books on these topics. We received many interesting and innovative ideas and here are the ten winning tips as judged by Robin Stewart.

CHEMICAL-FREE TIPS

Washing Solution

- 2 bars pure soap, or soap scraps
- $\frac{1}{2}$ cup washing soda
- 4 cups hot water

Grate soap into large saucepan with 3 cups hot water, melt on medium heat, stir until thoroughly combined. Add 1 cup hot water to washing soda, mix this into soap, mixing well. Pour into sealed bucket and fill bucket with warm water, stirring well. This sets to a firm gel. Use 1 teaspoonful to wash dishes. Dissolve $\frac{1}{2}$ cup in hot water, add to washing machine for clean clothes. Use a dash of vinegar in final rinse for soft clothes. A small amount on your cleaning rag rubbed on bath and toilet leaves them sparkling clean.

Nancye Carroll, Ararat, Vic.

Carpet Shampoo

This is the mixture I use to shampoo carpet: I boil a teabag in $\frac{1}{2}$ cup water for a few minutes. Add the tea, a small teaspoon eucalyptus oil, 2 - 3 drops clove oil and a few drops of allergy-free detergent to shampooer together with enough extra water for one large room. My theory is that the tea helps kill dust mites, eucalyptus and clove are disinfectants and the detergent helps to mix oils into water.

Marlene Castle, Swan Reach, SA.

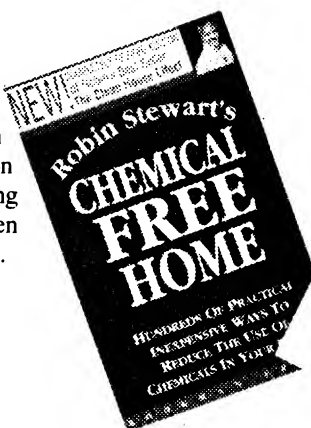
Fridge Cleaner

To keep the inside of your fridge sweet smelling and free of mildew, wipe it out with a few drops of white vinegar on a soft cloth.

B Jenkins, Scottsdale, Tas.

Bathroom Cleaner

To clean and disinfect bathrooms, use this lavender cleaning paste. Place 2 tablespoons dried or fresh lavender buds in an enamel saucepan, add 300 ml water, simmer for 30 minutes. Strain through a muslin cloth, squeezing well. Blend 2 parts of the herbal liquid with 1 part of white vinegar. Add 1 cup of pure soap flakes to a pan with a small amount of the herbal vinegar liquid, enough to cover the



flakes. Melt over medium heat, stirring constantly. Add 75 g calcium carbonate (from chemist) and enough of the herbal liquid to make a soft, thick paste. Store in a wide-mouthed lidded jar. Apply with a cloth, then rinse off. A few drops of lavender oil added to the rinse water in the washing machine gives clothes a lovely fragrance.

Jenny Morcombe, Scaddan, WA.

Washing Rinse

After washing clothes, rinse them in water that has had $\frac{1}{2}$ cup white vinegar and a few drops of eucalyptus oil added. The vinegar acts as a water softener by absorbing all the soap out of the clothes, leaving them feeling squeaky clean. The vinegar is readily available in 2 litre bottles for about \$1. The eucalyptus oil adds a lovely fresh smell, and as noted in a recent GR, helps repel moths and silverfish etc.

Nita Higgins, Jindabyne, NSW.

ORGANIC KITCHEN TIPS

Grow Your Own Tea

Instead of paying money to buy processed, individually wrapped herbal teabags, grow your own. Have mint, thyme and lemon balm growing in pots. Pick a small handful of each and place in a teapot and just add boiling water. Delicious and cheap. Experiment with different herbs. Many of these herbs have medicinal properties as well.

Rebecca Zand-Vakily, Bayswater, Perth.

Jar Sterilisation

When making homemade jams, pickles etc, avoid the use of chemicals to sterilise the jars that will house this precious produce. Wash jars bottles etc in hot soapy water, using pure soap flakes, rinse under purified water and place in an oven at 100°C for 20 - 30 minutes. Use metal lids prepared in the same manner, or cover jars

with wax paper or cellophane and an elastic (rubber) band when filled.

Nicole Casson, Sedgwick, Vic.

Chooks

My favourite tip for an organic diet is to keep two or three chooks in your backyard. I have found the wonderful quality of fresh, organic, chemical-free eggs a most healthy addition to my family's diet. The chooks are extremely cheap to feed, low maintenance, help keep down pests in the garden and make friendly little pets for the children. A small breed of poultry, or perhaps even bantams is less destructive if you are wanting a more neat and tidy garden, however the size of their eggs are comparable to those of a larger bird. This also means they are cheaper to feed. The other advantage is, of course, the fantastic way you can recycle scraps instead of throwing them out. All in all, a few chooks are a great asset and very efficient producers of a valuable source of vitamins, minerals and protein in a health conscious diet.

Narelle Lincoln, Buderim, Qld.

Sprouts

Sprouts have become staples in my diet, especially because they offer me an incredibly cheap continuous source of organic vegetables. I grow my own from a variety of organic seeds, legumes and grains. However, I am often away from my home for several days visiting or bushwalking, and have seen many a jar of mouldy sprouts in my day. Now I grow my sprouts in 500 g Jalna yoghurt containers so I can happily take them with me wherever I go. A small, light, unbreakable and yummy solution!

Belinda Pursey, Blackheath, NSW.

Pumpkin Peanut Dip

3 cups dense fresh pumpkin (Queensland Blue, Windsor Black)

- 1 tbsp crunchy peanut paste
- sea salt to taste (ground)
- chilli powder (optional)
- 1 - 2 garlic cloves, crushed
- juice of 2 lemons

Steam pumpkin until tender. Pass through mouli or mash with fork together with peanut paste. Add remaining ingredients and mix well. Serve warm.

Carolyn Kirk, Rochedale Sth, Qld.

WHAT'S SPECIAL ABOUT YOUR LOCALE?

WEDDERBURN

by Carol Lucas, Wedderburn, Vic.

It was the heat and low humidity (ideal for arthritis) that was the main attraction. The typical gold country reminded me of childhood holidays at Chewton. The trees, birds, the pure air convinced us. So we moved to Nirvana. My husband became ill, then unable to walk. Of necessity we found Council resources, Rural Health support. The community support for us newcomers was overwhelming. Offers to help, to sit or play chess, and many offers of prayers.

He has recovered. Now we can discover our new home area at last. It seems interesting and beautiful. So many surprises – Katie's Cubby – a huge collection of dolls. The chandelier man making wildly expensive, unbelievably beautiful crystal pieces; historical buildings like the East Loddon shearing shed (enormous). It is a GR sort of town –

friendly, helpful, networking. Come and visit, feel the warmth, the soul. There are only a few not quite in harmony, but I will always remember the kindness. Wedderburn, I am staying.

NABEENA

by Neville Curtis, Nabeena, Tas.

I visited Hong Kong last year. Six million people on a peninsula smaller than the Tasman Peninsula. Our entire population (2104) would fit into one of Hong Kong's government housing blocks (80 two-room units per floor and 40 floors!).

We have 647 kilometres of coast (about three people per kilometre), with the highest coastal cliffs in Australia and twenty beaches in between – surf beaches, golden-sand beaches, rocky creek beaches, a nudist beach and a beach which you have to go through a sea cave to reach. We have a national park (many more trees than people), and (almost) a marine park, complete with

wrecks and seahorses (see *National Geographic January 1997*).

Above ground, there is rich agricultural land and a dozen microclimates where we (discreetly and mostly organically) farm emus, ostriches, deer, quail, chickens (1.5 million a year) flowers, bulbs, cherries, apples, pears, truffles (yes!) and, co-operatively, herbs.

Beneath the water we harvest oysters, mussels, octopi, scallops, calamari, cockles, pickles and abalone, and salmon. And there are more wild fish than we have been able to catch: trevalla, trevally, couta, trout, eels, flounder, gemfish, flounder, and more flounder.

We eat well and, strangely, we are statistically the poorest municipality, not just in Tasmania, but in all of Oz. We also have 43 licensed premises and seven churches. Land and houses are dirt cheap. If you send me a stamped self-addressed envelope I will send you a property list and a map and visitor's brochure.

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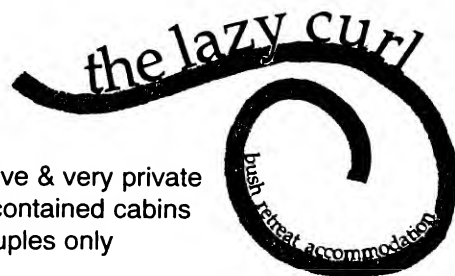
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DOWN HOME ON THE FARM

by Megg Miller.

Until this past weekend my part of Victoria has enjoyed the most gorgeous Indian summer with blue skies and mild temperatures day after day. The evenings, of course, have been becoming progressively colder but many have been unusually mild for the time of year. When I wrote last issue, the onset of autumn seemed imminent, an early fall of rain having initiated a much needed green pick. But so much for optimism – there has been no follow-up rain and the green grass has suffered in the dry warm weather. Early crops sown back in late March are looking sad and sorry and local farmers are scratching their heads in puzzlement and muttering, ‘But it looked so good . . .’ Saturday past was unbelievably cold, so cold that the first snow for the year fell and rain and hail were widespread over the state. Alas, so little rain fell here as to be insignificant.

I’ve been again anxiously watching the level of the dam drop and weighing up the likelihood of it running dry. With the current lack of rain my chances of having enough water to keep the stock going until the next big fall do not look good. It may be months before we have a good rain. No longer can I rely on the bore to top up the level in the dam either, the changing face of agriculture in the district has led to the water table dropping alarmingly. The pump on the bore lifts little more than a dribble now, and the wear and tear on it is enormous, as is the electricity bill. ‘You’d be better off getting a big tank and buying in water,’ the service man for the pump suggested. ‘Give these blokes a ring and say I sent you.’ This week a smart 3000 gallon tank will arrive and, at a later date, a tanker load of water. I chose heritage green hoping it will complement the wonderful garden I’ll now be able to have. Once I would have balked at the idea of having to buy water for stock and shrubs but it’s become more than apparent I cannot rely on the weather or underground supplies. A reliable alternative is necessary. The champers will be out the day the tank is first turned on but I bet you anything grey clouds soon gather overhead and dump buckets of rain down for the next few months.

You’ll find elsewhere in this issue a range of suggestions for repelling pesky

possums, courtesy of John Mount. I pleaded with him for ideas for ridding my environs of the super strong possums that make life here miserable. John’s suggestions are fascinating but I’m not sure I can live with the odour of blood and bone around the verandah and back door or of naphthalene flakes scattered everywhere. Naphthalene is one of the recommendations for repelling mice and once you’ve used it for this species and recall the pong of naphthalene flakes and mice doings it is repugnant. Ugh!

In retrospect, perhaps I wasn’t specific enough in my request to John. The possums are not in the trees but determinedly trying to join me in the house. Recently a neighbour collected the possum traps to check their effectiveness and fix a door on one that super possum destroyed when caught a few months back. The traps were duly returned and positioned close to the back porch as well as on the roof. ‘They should be right now,’ the neighbour called as he left. ‘They’re all set with apples. I’ll be back tomorrow to check them.’ A perusal of the traps an hour or so later showed they’d been set off but the prey were nowhere to be seen. The possums here are too smart to be caught in a cage! Later that night I heard super poss clawing open the wire door for a sojourn into the house but as the main door was firmly closed his frantic scratching was in vain. If I was closer to Melbourne I’d pass the problem over to a professional.

I’m not averse to putting the occasional sick bird down but a healthy possum is a different ball game, not to mention the obvious fact that they are a protected native. I actually managed to catch one in a chook house a few weeks back and was faced suddenly with getting rid of him. It was late at night and I was too tired to have dastardly thoughts and there was nothing at hand in which to secure him, so in desperation I walked some distance up the nearby lane and tossed him amongst a stand of box trees. A few nights later I came face to face with a possum and without even thinking, exclaimed, ‘It’s you!’ It must have been the same fellow I took for the walk as I’ve never seen a possum move so fast. Relocation is said to be ineffective and certainly doesn’t work when

reasonably close to home. For the time being I can give one or two of John’s suggestions a try. The challenge will be applying them to the walls and eaves of the house as the possums have found a way to get into the built-on bathroom/laundry section. Surely Tabasco or even blood and bone will camouflage the existing possum smells. Perhaps it’s just as well there hasn’t been rain, imagine the smell of these together with old possum pee after a wet spell! Next round of battle coming up.

Because there has been some additional work at the office to get through the last few weeks, I’ve been getting home too late to put the evening rations out for the birds. The shorter days, too, compound the problem; there being no way I can get back before dusk. The geese get fed regardless of the hour but the chooks and turkeys are usually sound asleep when I drive in. The nights I have made it back early these same birds have ignored me or looked disbelievingly as I’ve rattled the feed bucket. ‘So what’s the occasion?’ You can almost hear them say. Gosh, I’ve really slipped from favour. Extra feed is left in the morning but it’s not quite the same. The geese are usually fed when they’re locked up because of the unholy din they make when hungry and I have a pact with the pig that is faithfully kept. She gets two good meals a day in return for staying in the sty.

Some of the birds have decided there is room for ingenuity in this new management system. I popped home at lunchtime one day last week and surprised a group of fowls in the garden. Four hens and a rooster were meandering along as though on a Sunday stroll, quietly tut-tutting and chortling to each other. You should have seen their faces when I burst through the gate, I’d swear their lower jaws dropped. I surprised the geese earlier in the month when I returned home mid morning after a night in Melbourne with Suni. It was a warm morning and the geese had settled down for a snooze near the garden gate, an area forbidden to them because of the nasty build-up of droppings. In my absence they were enjoying themselves and I recall laughing at the stunned looks they exchanged when caught out. I get irri-

tated by my menagerie at times and even sick of them but they're never dull and boring. In fact, I'm starting to think there is a separate secret life going on that we humans don't give birds or animals credit for.

When I had spare time, back around Easter, I started on the ambitious project of French polishing. For years I'd shied away from buying old pieces of furniture that had been French polished because the technique sounded so complicated. One day I asked about it at a second-hand furniture shop and was amazed to learn that it was fiddly and time consuming rather than complicated. An old cupboard I picked up in need of repair would be an ideal guinea pig. After almost asphyxiating myself with paint stripper, the shellac and metho mixture used for French polish proved inoffensive and I've managed to apply a couple of coats and taken them back with ultra fine steel wood. The sad, tired cupboard is coming up beautifully and as soon as the deadlines are over I'll sneak some time and try and finish this project.

With a little more time on hand I'll be trying to get into the garden too, especially if there is water to spare for establishing seedlings. Every now and then I make forays into the vegetable area and plant out a few seedlings. It's perfect for sowing broad beans right now so I've got to squeeze this job in soon. Last year I put it off and missed getting seed in, a pity as broad beans and winter savoury are a favourite dish. The savoury is going well, the beans need action. Over the warmer months I kept some herbs in pots where I could keep an eye on them and continually the parsley would reach picking stage and be eaten off overnight. Suni mentioned the same problem when she was showing me her small garden recently. 'Possums,' she spat out angrily. 'They eat everything I grow.' All her herbs and flowers reside under chicken wire cages, even her beloved potted apple tree. Still, the herbs that elude the possums, or whatever the pest is, are always the sweetest.

Tired of the house feeling cold despite the gas heater running, I got to recently and started the fire in the kitchen stove. As it hadn't been lit this year it belched smoke for a while, even setting off the fire alarm. Once it got going it was fantastic. The stove top beckoned and I thought, why not, and put soup on to simmer, and a couple of other savoury dishes. The resultant aromas changed the

place from being just a house to a real home. It's amazing the difference a few old-fashioned smells make. Whenever I polish the floor with wax, or starch and iron some garments, I wonder why I don't do these tasks more often, so delightful and nostalgic are the smells. The aroma of simmering soup and waxed floors reminds me of the plentiful food and family life of childhood, smoking fires and freshly ironed clothes immediately conjure up holidays with grandparents. Who needs photo albums to recall the past? So enjoyable were the hours cooking and collecting wood for the stove that I didn't want to go to work next day. No doubt there will be sufficient weekends ahead to enjoy such pleasures and also become re-acquainted with all the messiness of a fuel stove. Memory is very selective, isn't it. My nostalgic recollections never include the difficult or dirty side of life.

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PENPALS

I am a country mum, 46, who would like to hear from other females for friendship. Interests include crafts, nature, bushwalking, gardening, birds and the outdoors.

Marlene

C/- GR, PO Box 117, SEYMOUR 3661.

To Leigh, Jade & Kynnan,
You wrote to me but never gave me your address. Please write back.

Tina Yorke

25/50 South Tce, ALICE SPRINGS 0870.

My name is Verushka, I am 8 years old. I like sport, studying the bible, gardening, goats, dogs, cats, horses, birds, sheep, farming, writing, spelling, maths, flowers, drawing, music, art, painting, climbing trees, swimming, cooking, playing the piano and housework. I will answer all the letters I get.

Verushka

C/- GR, PO Box 117, SEYMOUR 3661.

I am looking for a penpal. My name is Sarah. I collect stickers and wishing stones. My favourite animal is the dolphin. I'm looking for a female aged between 11 and 13. I will answer all letters.

Sarah

C/- GR, PO Box 117, SEYMOUR 3661.

Hello, my name is Rosalie. I am 55 and I have many hobbies and interests. I am willing to write to males and females, any age, in Australia. Please write, all letters will be answered.

Rosalie

C/- PO Box 742, ALBURY 2640.

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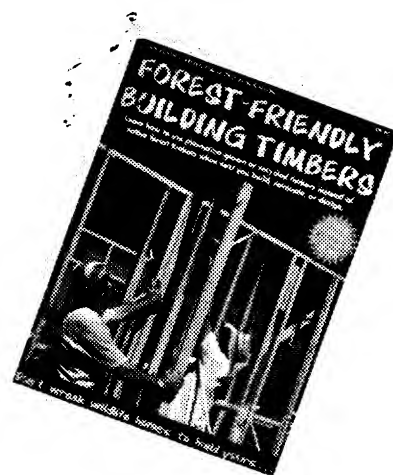
★ FEATURE TITLE ★

FOREST-FRIENDLY BUILDING TIMBERS – Alan T Gray & Anne Hall (co-editors)

Happily, plantation grown timber now provides two-thirds of the timber used in Australia, which means that there are many readily available alternatives to native forest timber. However, when sourcing timber for building or renovation projects it can be extremely difficult to access information about which timber pieces and products are from plantations and which are not. This book is a guide to the plantation and recycled timbers available to consumers. It clearly sets out the products available for specific building needs such as flooring,

doors, windows, fascias, framing and others. Some interesting new materials are described, for example, 'plyboo' – a newly developed product made from strips of bamboo and laminated into a type of parquet floor. Black and white photos and illustrations accompany the text throughout. This very useful book is available from newsagents and bookshops.

P/b, 80pp, Earth Garden Books, RMB 427
Trentham, Vic 3458. Ph: 03-5424-1819.
RRP \$9.95.



NOODLES TO PASTA

Fresh and Easy Recipes with Noodles, Pasta and Rice

– Lynne Mullins

The index of this book could be a compilation of the menu boards of many of the restaurants and cafes in our cities. The food is international, with an Asian and Italian bent, and simplicity, fresh ingredients and interesting flavours are emphasised. Lynne Mullins is a food writer who has attended a range of international cooking schools. Here she brings together recipes from around the world, particularly ones which feature noodles, pasta and rice. The sumptuous full page photos really whet the appetite. Included are classic dishes such as Gado Gado and more unusual ones such as Carla's Parmesan Tart. Recipe sections include wok, salads, seafood, soup, and there is a good section headed 'to have with drinks' which contains some delicious and unusual 'nibbles'.

P/b, 160pp, Harper Collins Publishers, PO Box 321, Pymble 2073.
Ph: 02-9952-5000. RRP \$24.95.

MOTHERHOOD

Making it Work for You

– Jo Lamble & Sue Morris

The stated aims of this book are twofold: firstly that mothers be able to read and learn about other mothers' experiences (the difficulties and joys), and secondly to pass on some basic psychological skills and strategies to help mothers in their role. The authors are both mothers and clinical psychologists and the strategies stem from the cognitive and behavioural schools of psychology. It is good to see the demands and lifestyle requirements associated with motherhood set out clearly and discussed in a book. Most mothers experience a sense of bewilderment at times and the issues are sometimes difficult to articulate, work through and resolve (as much as they can ever be!). This book helps that process. Still, the joy of mothering is the thread of the book and everything else is aimed at enhancing the experience of that.

P/b, 212pp, Finch Publishing/Simon & Schuster, Ph: 02-9550-9207.
RRP \$19.95.

THE PUMPKIN LADY TELLS

– Wendy Stayner

Growing giant pumpkins for thrills and/or competition is a popular hobby in Australia and New Zealand and this book is for these enthusiasts.

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P/b, 24pp, Wendy Stayner, PO Box 205, SEAFORD, Vic 3198. Ph: 03-9786-0337. RRP \$10.95 incl p&p.

AUSTRALIAN HERB INDUSTRY RESOURCE GUIDE

– compiled by Kim and Michael Fletcher

This is the fourth edition of an invaluable reference for readers considering growing herbs commercially and those already doing so. It is a comprehensive list of the sources and resources associated with the industry – consultants, courses, equipment, growers, publications, nurseries and more. A section on New Zealand is included.

Focus on Herbs Consultancy and Information Service, PO Box 203, Launceston, 7250. RRP \$25 plus \$4.50 p&h (Australia) or \$9.50 (NZ).

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– Coral Byrne

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CANBERRA REGION, 40 mins Canberra CBD, 90 year old house, lots of character & well heated (central woodheater feeding radiators in b/rs). Four lge b/rs, sunroom & verandah, mostly timber floors. Five ac, bore, beautiful estab gardens with magnif spring display, old variety f/trees, huge enclosed vegie garden (wombat, roo & rabbit proof), herb garden, chook yard, numerous sheds, shearers' quarters, 3 car garage. Strong local community in beautiful area. \$180,000. Ph: 02-6238-2134, or email: seamagic@dynamite.com.au

GRASSIFIEDS

PLACING AN AD?

See page 74 for details

QUEENSLAND

GIN GIN, 37 ac well timbered with views, top spot, forced sale. \$18,000 ONO. Ph: 07-4161-2508.

FOR SALE OR EXCHANGE, down south preference. Five ac hardwood timber plantation, over 300 20 yr old trees in SE Qld, 2 hrs Brisbane, 30 mins Gympie, Tin Can Bay (gateway to Fraser Island), 1 hr to Hervey Bay. Two dams at top end of sloping property, crk at back bndry, 2 b/r western red cedar cottage with hardwood floors, claw foot bath, composting toilet, lovely organic gardens. Very private, surrounded by larger properties. Five mins to h/way & shops. \$85,000. Ph: 07-5485-7067.

CRYSTAL WATERS, hinterland Sunshine Coast, 27 km Maleny, 1 ac f/hold, rammed earth & timber house, 4 b/rs, loft, modern kit, estab orchard, garden, chook pen, 2 sheds, wonderful setting. \$160,000. Contact Nigel: 07-5494-4625.

GREENVALE, 2 hrs sth Atherton Tablelands, amazing birdlife, all amenities, school, shops, home of Three Rivers Hotel. Four b/r brick veneer spacious home, air con, fans, full length pergola, g/house, fully landscaped, fenced electronic fire alarm system, new paint, floor coverings, pay TV. \$85,000. Ph: 07-5482-4661.

QUEENSLAND - DALBY, 40 ha, house, c/van, sheds, dams, olives. \$178,000. Eco Real Estate. Ph: 02-9528-8614, www.eco.com.au

QUEENSLAND - INNES PARK, passive solar designed, permaculture abundance, chooks, golf, beach, Bundaberg. \$165,000. Eco Real Estate. Ph: 02-9528-8614, www.eco.com.au

LAST ALTERNATIVE LIFESTYLE IN REDLAND Shire. Vacant block 592 m². Uninterrupted bay views & access. Vendor finance if needed. \$10,500. Ph: 07-3287-6359.

INNISFAIL/TULLY, 31 ha, adjoins World Heritage. Beautiful views, r/forest, timber, cleared land growing passion fruit, taro. Irrigation licence from perm crystal clear river. Established limes, lychies. Very private, dwelling, electricity & ph. \$190,000. Ph: 07-4065-5002 evenings.

PEACE PRIVACY, 160 ac, 30 mins Warwick, 2 hrs Brisbane. Abundant wildlife, well timbered, spring-fed dam, sml clearing with cabin, tank, ph, fenced. Ph: 07-4064-8299, or 07-4061-2554.

HOWARD/HERVEY BAY, 7.5 ac close Burrum River boat ramp. One b/r Colorbond cottage, solar power, gas cooking & water. Urgent sale. \$36,000 ONO. Ph: 07-4068-9098 AH.

ATHERTON TABLELANDS: MILLAA MILLAA. Grassroots 20 ac. World Heritage surrounds. New modern timber block home in tropical r/forest area, 360 degree views. \$235,000. Ph: Kevin/Kim, 02-4351-1198 AH.

SEVENTY-TWO ORGANIC ACRES, near-complete w/board house, 3 full dams, running crk, bore, solar system, lge workshed, tractor, many f/trees/gardens, extras, \$100,000 ONO. Ph: 07-4066-9028.

MOUNT MORGAN, Besser block house on 5 ac, power & town water. \$53,000 ONO. Ph: 07-4938-1825.

FORCED SALE DUE TO GOOD HEALTH (beat cancer). Maleny 6 km, 30+ ac, hidden pristine valley. Fertile soil, pure water, tropical r/forest. Views to Brisbane. Unique Feng Shui, solar powered home. Two more home sites. \$50,000 below market price. WIWO \$295,000. Or partnership on title deeds, share win/win only. \$150,000 ONO. Ph: David Kay, 07-5494-9860.

BUNDABERG (30 mins), 5 ac, 2 b/r, lge/din/kit, bath/laundry. Furnished, 10,000 gal tank, shed, dam, tar-ld. \$80,000. Ph: 02-6649-2235, or 02-9972-2951.

TURKEY BEACH, 3.8 ac, Besser block shed/weekender, power, 5000 gal tank, septic, shower, kitchen, open plan. \$57,000 ONO. Ph: 07-4973-7971.

TROPICAL COAST FAR NORTH QUEENSLAND, 50 ac, level agricultural land, fenced & grassed, suitable for sugar cane, bananas, small cropping, tea tree or cabinet timber plantation. There are 2 perm crks with an abundant flow of water. These crks are timbered creating an excel environment for wildlife with secluded pockets of original scrub. This land is cleared & unpolluted & needs little preparation, 20 mins south of Innisfail, 20 mins to beaches. \$5000 per ac. Ph/fax: owner, 07-4065-4761.

AGNES COAST - BAFFLE/ROSEDALE, 45 ac unspoiled, natural landscape at Pacific Paradise Estate. Close to beach & crks, great fishing, idyllic lifestyle. Changed circumstances necessitate quick sale. \$45,000. Ph: 07-5561-8161. jaedee@tpqi.com.au

MOUNT MORGAN, 2 1/2 ac, 2 b/rs both with en suite, lge kitchen, solar, f/trees, 10,000 gal water tank. Large garage come workshop, covered BBQ area, going with houseful good furniture. \$80,000 ONO. Ph: owners, 07-4938-1984.

KELSO COUNTRY ESTATE, 20 km from Townsville centre. Local shops 8 mins, major shopping centre 15 mins. One landscaped ac with mountain views, own bore + town water & electricity. Air-conditioned 3 b/r masonry block home. Spacious open plan, tiled living areas, nice shady patio. Double car accom, garden shed & workshop. Very private. \$148,000 ONO. Ph: 07-4789-3789.

RELAXING LIVING, COUNTRY VILLAGE, MacLagan, 3 b/rs, kit/din, lounge, carpeted, screened, wood or gas heating, 8000 gal water, tanks, bore, septic, garden shed, integral garage, estab f/trees, gardens, fenced, 1/4 ac, approx. \$65,000, or exchange for house in suitable area. Ph: 07-4692-1372.

TWENTY-ACRE HIDEAWAY: MILLMERRAN, Darling Downs, 2 b/r home, dam, dble shed, underground power, ph, septic, water tanks, pump, bush setting. Reduced to \$60,000. Ph: 07-5599-2437.

MALENY AREA, 1 ac, rich red, cleared, gentle slope. Two b/r steel frame house, large fernhouse, good bore, excel climate. Rural. Ideal sml crops, herbs, etc. \$135,000. Ph: 07-5494-4069.

ONE-BEDROOM COTTAGE to extend on, 1/2 ac backing onto r/forest. Stroll to beach and corner store. Lots of f/trees, palms, bamboo. All amenities. Bingil Bay. \$105,000. Ph: 07-4088-6110.

PROPERTY FOR SALE

QUEENSLAND

AGNES WATER, 50 ac with council approved dwelling. Excellent solar system dam & pump. Flush toilet. School/shop bus at gate. Beach and township 25 km. Sale because of partnership breakup. \$75,000 with vendor finance avail. Contact: Nikki Hogan, 07-4974-9222. Offers considered.

VENDOR FINANCE AVAILABLE for 1.19 ha of pristine r/forest in the World Heritage Daintree, Far North Queensland. Stunning views of Mt Alexandra. \$35,000. Ph: 07-4947-0182, mobile: 0412-481-423.

VICTORIA

SOUTH GIPPSLAND, 10 mins from Tarra & Bulga Nat Pks, r/forest. Twelve mins from town, Yarram. Nine lush ac surrounded by natural bush. Abundant birdlife. School bus at gate. Lovely veggie garden, f/trees, pool, chook house etc. A happy home offering 3 double b/rs, 2 with built-in robes, main with walk-in robe & en suite. Bathroom with slate floor. Lounge with wood heater. Kitchen has walk-in pantry, dishwasher, double oven & dining area. Formal dining room with gas heater, also room for office. Huge laundry, sewing room. This is truly a wonderful property. \$155,000 ONO. Ph: 03-5186-1280.

ARARAT, COUNTRY LIFE with city services. Immaculate solar passive & insulated Aussie Clear treated cedar cottage with fuel heater, gas hot water & stove, 2 b/rs, spacious living area & plenty of outdoor living adjoining sml bush reserves & creek. Suit perm or weekender. \$63,500. Open-minded to swaps, vendor terms. Ph: 03-5356-2321.

BONANG, EAST GIPPSLAND, 3 b/r modern home, 1 ac, 20 mins Errinundra. Tingaringi & Snowy River Nat Pks, 20 mins Delegate River trout stream. \$60,000. Ph: 03-5156-0895.

ECHUCA VILLAGE, 5 mins from central Echuca, adjacent to the Murray. Three b/r comfortable farmhouse (w/b) on 12 ac. Four irrigation paddocks. Beautiful garden trees, roses & orchard. Sheds, hay barn. \$200,000. Contact: H Craig 03-5482-2232 BH.

STRATHBOGIE PLATEAU, 22 ac, approx 2000 blackwoods planted, perm windbreak, 2 dams, interlinked for irrigation, 9 megalitre total capacity. Garlic drying racks, hayshed & 20' x 30' shed. Landscaped house site, 3 nth facing paddocks. Contact owner, ph or fax: 03-5348-1900 after 6 pm.

MOLIGAL VIA DUNNOLLY, 25 ac of Aussie bushland in natural state. Two b/r w/b home surrounded by blue gums. House features new roof, guttering, plumbing, rewiring & stumping, also aluminium windows & sliding doors, woodheater & decking. Outside incl 2 water tanks, 2 dams & c/port. Situated in the heart of gold country this peaceful property is ideal for nature lovers & week-ends away. Dunnolly 5 mins, 25 mins to Maryborough. Cost \$72,000, make us an offer. Brochure avail. Call 03-5995-1862, or 0419-554-459.

FARMLET/ALEXANDRA-BONNY DOON, 71 ac, fenced, dams, cedar house, 40' garage. Isolation, beauty, tranquillity, views. Price \$105,000. Ph: 03-5772-2564.

GRASSIFIEDS

DEADLINES: GR134 – JUNE 30TH
GR135 – AUG 30TH

TRANQUIL AND UNSPOILED, 3 b/r pine lined, cedar clad, attic style house on 5 cleared ac in historic goldfields area. Solar powered setup with ULP generator backup. Rainwater – good water pressure! Gas appliances. Large shed + 2 sml ones. The land is edged by box-ironbark state forest. A govt road runs by. The nearest primary school 5 mins away. A really good place for a lifestyle change or gold prospecting enthusiasts. \$129,000. For further info, please ph: 03-5438-7551.

EAST GIPPSLAND, 7 ac, 20 x 30 shed, 12,000 gal concrete tank (full), dam, house site, underground power connected, part bush, secluded but 10 mins Bairnsdale 20 mins Lakes Entrance. \$47,000. Ph: 03-5157-5732.

SEA LAKE, 2 b/r house, elec, town water, elec cooking & shower, gas heating, garden shed \$19,950. Ph: agent, 03-9852-3322.

FREE – COUNTRY PROPERTY CATALOGUE, available now! Land from only \$5000. Ph: agent, 03-9852-3322.

LAKE LAANECORIE, 50 ac, only 1km to Lake, crk on land. \$42,500. Ph: agent, 03-9852-3322.

A SHACK ON FIFTY ACRES, mostly treed, sandy loam soil, gently undulating in peaceful area! \$29,500. Ph: agent, 03-9852-3322.

DANDENONG RANGES – OLINDA/MONBULK, 3/4 ac magnif mountain ash. Made road. Nth aspect. Sloping, ideal for sustainable house. Resident wombat. Ph: Ron, 03-9755-2836.

WEATHERBOARD CHURCH, ILLABAROOK, 110 yr + (40 km from Ballarat), 1 ac, peaceful country setting. Cosy open plan with lots of light, centre fireplace, mezzanine & polished floors. Loads of character & great value at \$58,000. Call Jason & Nicole, 03-9563-6160/0419-348-430.

BOOLARRA: TWO-BEDROOM COTTAGE with white picket fence, 1/4 ac, f/trees, pergola, shed, woodheater. Large b/rs. Heaps of room for vegies, chooks. Vacant blocks 2 sides. Quiet, friendly, family orientated town. Latrobe Valley 30 mins. \$43,000 very negotiable. Ph: 03-5169-1691.

TASMANIA

FOREST PARADISE, private rd to secluded timber home. Nestled between Sugar Loaf – Saddle Back and Quamby Bluff. Looking onto the Great Western Tiers. 52 ac, 25 ac fenced for venison/emu, 27 ac of wonderful forest. Dams, rivers, springs, rivulets, spectacular wildlife, abundant trout streams, sml orchard, 8 solar panels, 6 tonne battery storage capacity, wired for 240V/12V generator. Second home stone house requires renovations. Beautiful Deloraine 20 km, close to Great Lakes, 40 mins from Launceston/Devonport. \$148,000. Ph: 02-9939-7205.

SHEFFIELD, 3 b/r mud brick, 12.5 ac, bush, bio-dynamic, crk, \$90,000. Eco Real Estate. Ph: 02-9528-8614, www.eco.com.au

Make Your editor smile –
*Punctuate when writing ads for
Grass Roots Grassifieds*

NORTH-WEST, SCENIC WILMOT, character house, facing nth, enclosed balcony, lounge wood-heater, kitchen combustion stove, elec stove, separate livable art studio, sheds, barns, garages, 10 ac suit sheep + 8 ac excel forest, 2 km p/school, h/school bus to Devonport. \$97,000. Ph: 03-6492-1369.

RURAL BACKPACKER PROPERTY, 3 b/r house, veggie garden, sheds, fowl yards, sml mixed orchard. Twenty bed hostel building + 6 sep twin rooms, 4.4 ha. Town water, sewerage. Fenced grassed paddocks 400 heritage (200 varieties) apple trees. Maria Island National Park. Ten mins beaches Triabunna; school k/10, medical centre, shops, banking. 90 km NE Hobart. \$95,000. Ph: 02-6241-2201.

<http://www.ozemail.com.au/~roknox/welcome.html>
email: roknox@ozemail.com.au

ORGANIC DREAM-COME-TRUE! Awesome mountain views, fertile river flats, spacious designer 4 b/r brick/timber home; mud brick cottage; former commercial kitchen; forested hills, trout river, crks, dams, mixed orchards, gardens, berries, hothouses, 59+ ac, 2 titles, accessible privacy 12.5 km Sheffield. \$175,000. Ph: 03-6491-1663, or 03-6266-4536. Photos/details:

www.angelfire.com/al2/house4sale/index.html

SINGLE MUM WANTS TO SELL 264 ac self-suff property. More details ph: 03 6286 2090 after 7pm.

WOODSONG COMMUNITY, 7 ac f/hold, 10 mins from the fishing port of St. Helens on Tasmania's sunshine coast. Half bush, half river flat with 6 x 4 shed, power, ph, perm clean river water. Access by private road through Woodsong village. Asking \$31,000, or \$35,000 incl share in Woodsong company controlling further 400 ac. Ph: 03-6228-5340.

NORTH-WEST COAST TASMANIA. 18 ac, 1/2 pasture, 1/2 temperate r/forest. A good stand of Tas oak, some ready to mill. Man ferns & cat head ferns in abundance. Some good blackwood trees. Three b/r full brick house 8 yrs old on bitumen road. Thirty min drive covers distance to 3 major towns: Burnie, Ulverstone, Devonport. Currently licenced as Devonshire tea garden. Fantastic views over Gunns Plains, a fertile valley of dairy farms, hop fields & vegetable growers. Ideal for market garden, plant nursery or soft fruit growing. On tourist road to Gunns Plains Caves, Leven Canyon. Photos avail for genuine enquiries. \$195,000 Ph: 03-6429-1323.

SOUTH AUSTRALIA

CLARE VALLEY AREA, 3 1/2 ac, subdivided 11 blocks. Near-new 3 b/r house, verandahs all around, patio out back, shed, 12,000 gal r/water tanks, dam, bore, native trees, f/trees. Suitable for olives or organic farming, house cow, or animals. Clare 20 mins, 30 mins Adelaide. \$75,000 ONO. Ph: 08-8848-4337, or 08-8842-3888, Bill Clarke.

YONGALA, A SMALL COMMUNITY 70 mins nth of Clare Valley. Large home/shops on 1/2 ac Main Street site. \$39,000. Owner will send full description & photos. Ph: 08-8651-4262, Mark.

CHURCH, 1874 St. Virgilus, stone, 6 ac, mid north. Clare 1 hr sth. Open space 15 m x 7 m, tastefully renovated, period features, spa, timber kitchen. Magnificent private garden setting, i/g pool, pergola, c/port, fowl yard, veggie/herb garden, orchard. Bore, 5000 gal r/water. \$82,000 ONO. Consider rental \$110 pw, or vendors terms 10% deposit. Ph: 08-8651-6056.

PROPERTY FOR SALE

WESTERN AUSTRALIA

BROOME 200 km from Fitzroy River frontage, 3143 ac: 2200 special agricultural lease, 943 f/hold. Abundance of water, house, cottage, workshop, generator, bores, 100 head of cattle. Suitable for ecotourism, horticulture & aquaculture \$450,000 ONO. Ph: 08-9192-1402. PO Box 1552, BROOME 6725.

BRIDGETOWN, WA 6255, hobby farm/home-stead, 5 ac, renovated 2 b/r jarrah-board cottage. Two dams, 100 chestnut mature trees secures annual income. Also bountiful fig, mulberry, apples, plums apricots, cherry, orange, lemon, pear, olive, nectarine, peach, pecan, almond and paulownia (investment) trees. Bridgetown 3 1/2 km - home of Blues Festival. Tractor & slasher optional. Offers around \$175,000. Ph: 08-9313-1993.

SOUTH COAST WA, 6.67 ac of magnif tingle and karri old-growth forest with perm crks. Sealed road to sml friendly community with all facilities, 6-8 km to river, inlet & ocean fishing + surf beaches. Temperate climate with approx 1300 mm r/fall, prevailing on-shore breezes & no heavy industry for 250 km radius. Underground power & ph, fantastic soil types, adjoins state forest & nat pk. Dreams are free with this property for \$110,000 ONO. SAE for more details to: PO Box 122, Walpole, WA 6398, or ph: 08-9840-1231.

COMMUNITIES/SHARES

COHOUSING GROUP FORMING, MALENY QLD. Ph/fax: Noah, 07-5429-6245.

NAMBUCCA HEADS 1/2 hour, affordable land, 1200 ac. Backs onto state forest, 1/2 share in mostly native forest, 20 ac, crk flats, 2 ac relatively level house site, cabin, ph, 4000 gal r/w/tanks, dam, f/trees, all year crk, swimming holes. Was \$45,000 now \$33,000 ONO. Ph: Jen 02-6564-4118.

A UNIQUE OPPORTUNITY to be one of 22 shareholders in a 6500 ac, semi-wilderness property. Ten km river frontage incl junction of Cataract & Clarence Rivers. 20 ac home sites the remainder common land. Purchased 1969. Owned and freeholded. \$25,000. Ph: 02-6666-1436.

MID NORTH COAST - CREATIVE ARTIST STUDIO, Upper Lansdowne, 30 mins from Taree, share in 200 ac. House + studio + kilns, timber pole house, lge decks, solar hot water, spa. Fully set up potter's studio & 2 lge wood-fired pottery kilns, shelves, dough mixer, etc. Creative, ideal inspirational working environment, head of the river swimming holes, very peaceful. Subtropical beautiful property. Price \$85,000. Contact: Sergio Sill, 02-4340-1784.

FAR NORTH COAST, 35 km NW Lismore, beautiful solid spacious home, wide verandahs, elevated position, extensive views, 4 ac, u/house garage & workshop, organic gardens, f/trees, complete privacy. Power, ph, cabin, u/cover c/van. Secure strata development. School buses. \$159,000. Ph: 02-6633-7033.

*Please print your ad clearly
so we can do likewise*

GRASSIFIEDS

PLACING AN AD?

See page 74 for details

BUSINESS FOR SALE

HEALTH FOOD SHOP, lunch trade, in Vic west-em tourist area. 25 yrs trading. Vitamins etc, 10 seating area. New pine decor, room for expansion, consultation room. Visiting naturopath etc. Free training for 1 month after sale. Sale on WIWO basis. \$68,000. Owner retiring. Also 2 b/r flat for rent above shop. Apply in writing: Health (GR133), PO Box 117, SEYMOUR. 3661.

GUEST HOUSE, YARRA VALLEY, historic guest house with 8 room accom, 2 lounge rooms with open fires, dining room, undercover verandah, situated on 20 ac. Separate manager's residence. Ph: 03-5962-3939.

FOR RENT/ CARETAKER WANTED

VICTORIA WEST-CENTRAL, Rent/buy/caretake. Modest dwelling, good condition. Peaceful environment, for caring female, 60 yrs, studious, healthy. Limited funds. Ph: 08-8552-3306.

LIKE A CHANGE FOR WINTER? Twenty ac, stone home, own power, right on sea, fish from kitchen almost! Low rent, minor caretaking, suit family, 2 - 3 months neg. NW Tasmania. Ph: 03-6445-1283.

RUSTIC COTTAGE STYLE workshop/shed on 1 1/2 ac adj village school, elec connected. May suit caring person with own van & animals. Domingo 30 km. Rent negotiable. Ph: 02-6557-0731.

COWRA, NSW, 12 ac to let. Power & water connected, cheap rent. Suitable for van site. Ph: 0417-455-860.

EXPRESSIONS OF INTEREST ARE SOUGHT from Grass Roots types interested in long-term rural home. Three b/r, wood fires, r/water & bore. Chook shed, vegie garden site, orchard (organic), 10 mins town. Contact: Andrew Pettigill, RMB 2456, via PORTLAND, Vic 3305. Ph: 03-5526-5276.

SHEFFIELD, TASMANIA, gateway to the wilderness, 2 b/r furnished house. Sunny, rural & mountain views. Available end August, till mid Feb. Small productive organic garden. \$90 PW. Ph: 03-6491-1695 evenings.

WANTED TO RENT/ CARETAKE

FAMILY EXPERIENCED IN CARETAKING requires quiet setting, lieu of rent. Ph: 07-4683-2451.

LONG-TERM SECLUDED CABIN/shack on acreage, nth/NE Tas coast. Reliable, quiet 39 yr old pensioner with well-supervised dogs. Responsible drug-free person, refs avail. Consider anywhere dog-friendly with elbow room. Write: Anne, C/- PO Box 486, BATEMAN'S BAY, NSW 2536.

CARETAKER/HOUSE-SITTER AVAILABLE commencing approx mid June within 25 km of Toowoomba Qld, by mature age tradesman. References avail. Contact: Ross Shute, 70 Halcrows Rd, CATTAL 2756. Ph/fax: 02-4572-8495.

PROPERTY WANTED

WANTED, LAND 100+ ACRES, Seymour - Whitte-sea area. Treed or native forest. Must have crk or spring. Hilly or undulating. Write to: SV, 26 Coulstock St, EPPING, 3076 Vic.

QUEENSLAND HOBBY FARM wanted to lease / rent or rent/buy. With livable dwelling max 1 1/2 hrs nth of Brisbane. Ph: 07-3883-2441.

WANTED

KOOL BANANAS is a 50 ac property situated in nth NSW, 40 mins from Lismore, 60 mins from Byron Bay. We are seeking vegan people interested in land living. Accommodation is avail for minimal rent. Write to: Kool Bananas Collective, c/- Post Office, THE CHANNON, NSW 2480.

OPPORTUNITIES

CO-ORDINATOR - paid position available - to develop permaculture/sustainable living demonstration house & garden, adj to University of NSW & an adjunct to the permaculture community garden. Enq contact: Mathew McLennan, 2/179 Doncaster Ave, KENSINGTON 2033. Or email: Paul Osmond: p.osmond@unsw.edu.au

NEEM THE MIRACLE HERB. See Health and Beauty.

WE NEED HELP on our small organic property in exchange for board. Christian - vegan preferred. Ph: 03-6491-2408. P Gray, PO SHEFFIELD, Tasmania 7306.

FREE ACCOMMODATION ON COUNTRY PROPERTY in SE Qld for single person or parent & child, in return for 9 hrs/week helping vegetarian couple with light gardening. Wayne & Milu, PO Box 235, Gin Gin 4671. Ph: 07-4157-2736.

LAND TO LEASE/SHARE FARM Atherton Tableland, 40 ac avail, mostly red soil, perm water, no fences. Power. Contact: Ross, PO Box 251, RAVENSHOE 4872.

WOULD YOU LIKE A CHANGE IN LIFESTYLE & to spend time on a semi or permanent basis in warm & beautiful Binalong Bay NE Tas near town of St Helens? Lady with slight balance problem needs person to assist with daily walks on beach, in return for free cabin accom (vehicle avail). Interests: canoeing, gardening, kite flying, environment. There is a possibility of finding work if required. Further info: Joy, 03-6376-8108, or/& write to: J Yulumara, C/- BINALONG BAY STORE, Tas 7216. **ETHICAL INVESTMENT OPPORTUNITY, DA** approved for ecotourism development at Elands near Taree, NSW. Panoramic ocean & wilderness forest views from 600 m mountaintop site. Enquiries: 02-6550-4572.

PUBLICATIONS

SUPPRESSED & UNUSUAL TECHNOLOGIES CATALOGUE, free energy devices, antigravity, hydrogen fuel, magnetic motors, alternate fuels & engines, high mileage, 200+ topics. Send 5 x Aust 45c stamps to: Lostech Archive, PO Box 609 -R, RAVENSHOE, Qld 4872, Australia.

PUBLICATIONS

'GRASS ROOTS' APPROXIMATELY FORTY. \$3 each. Ph: 02-9418-1337, WEST PYMBLE, Sydney.

PRELOVED BOOKS FOR WRITERS. How to write novels/articles/TV scripts etc. Send SAE for list: Bryan, PO Box 4161, KNOX CITY CENTRE 3152.

'WHY FARM RABBITS?' Shed design, breeding, health, nutrition, set-up costs, costs, returns, breeding programme. Ph: 02-6558-8287.

STEINER HOME SCHOOLING? An invaluable teaching manual for those embarking on this heroic but satisfying path. Subjects covered include: training, curriculum, creativity, bureaucracy, discipline, childhood illnesses, reading children's drawings, high school. Send \$12 to: Alan Whitehead, Box 33, BRUNSWICK HEADS 2483 or write. Ring 02-6680-3889, fax 02-6680-4314, or email goldenbeetle-books@bigpond.com for titles list.

'NATIVE STINGLESS BEES' for profit or pleasure – how to get started, Pollination/honey potential in Queensland. Detailed info booklets, packed with photographs, diagrams. For free catalogue, send name, address & 45c stamp to: ANBRC, Box 74-G4, NORTH RICHMOND 2754.

'AUSTRALIAN TOBACCO'. How to grow, cure, treat and cut your own. A well researched book by John Van der Linden. Send \$15 (postage included) to Lyn O'Brien, C/- PO, BARMAH 3639.

'CHOOKWISE: A Self Sufficiency Guide to the Management of the Domestic Hen', by Linda Marold. A simple straightforward guide to chook care for beginners. Covers feeding, housing, problems and breeding. Written for Australian conditions. \$12 post paid anywhere in Australia. L Marold, PO Box 54, CASTLEMAINE 3450.

'NIMBIN NEWS MAGAZINE', is a co-operatively run access magazine with articles & information from Nimbin and other areas. We cover concerns relevant to alternative lifestyles & others looking for the most sustainable way. We are one of the longest running alternative magazines & the Nimbin bioregion is at the forefront in the development of sustainable systems. As networkers we scan many mags for suitable & scarce information for our readers. Subscription: 6 editions for \$18, sample \$3.50. Back copies 5 for \$12 posted. PO Box 209, NIMBIN 2480.

BOOKS, OLD AND NEW. Send for general list. R Suters, PO Box 127, FIGTREE 2525.

BOOKS, NEW AND OLD. Australiana, lifestyle, Pacific, biography, horticulture, gardening, outdoors. Lists avail. BA & JM Wallace, Box 325, PORTLAND 3305.

'OWNER BUILDER' MAGAZINE. Building a home? *Owner Builder Magazine* gives Grassroots people inspiration, encouragement and downright sound technical information. *Owner Builder* magazine is avail from newsagents or by subscription. \$24 for 6 issues. For more info write: 66 Broadway, DUNOLLY 3472. Ph: 03-5468-1899.

HOME EDUCATION, for info send SAE to: Alternative Education Resource Group, PO Box 71, CHIRNSIDE PARK 3116.

'NEW VEGETARIAN & NATURAL HEALTH', the magazine of the Natural Health & Vegetarian Societies. Subscribe today, \$30 yearly and receive: 4 vital magazines, discounts at participating health food stores and natural therapies practitioners, listed in magazine. Head Office, 28/541 High St, PENRITH, NSW 2750. Ph: 0247-215-068.

GRASSIFIEDS

DEADLINES: GR134 – JUNE 30TH
GR135 – AUG 30TH

EARTHWORMS. Books & videos on all aspects of worm farming: for profit, gardening, bait, waste management. Free book list from WormWide books, 4 Poppet Rd(G), WAMBOIN, NSW 2620. Ph: 02-6238-3577, fax: 02-6238-3017. Mobile: 0412-112-285.

HANDCRAFTS

BUNDLES OF STRANDED COTTON available. Stranded cotton in bundles of 100* 8m skeins in 50 assorted colours. \$20 post free. Colours matched to dmc numbers. The big bundle of Stranded cotton of 240 colours – \$50 post free. Send 45 cent stamp for free price list. Bankcard, Mastercard, Visa, money order, cheques. Arts & Crafty, PO Box 40, DAW PARK, SA 5041. Ph: 08-8277-3763. Fax: 08-8277-9402.

CRAFT WORKSHOP VIDEOS: Learn at home at your own pace from your personal, highly qualified instructor. VHS titles include spinning, weaving, beadwork, basketry, applique, tatting, knitting, crochet, lacemaking, felting, fabric painting and more. For full catalogue send long SAE to: Quick Spin Wool, Dept GR, RMB 1215, Shelford Rd, MEREDITH 3333. Ph/fax: 03-5286-8224.

WAX SUPPLIES for all crafts, candle, beeswax, sealing wax, sculpturing & colour dyes, wick, polish and advice. Ring or write: Handful Wax, PO Box 87, LAKE MUNMORAH 2259. Ph: 02-4358-1224.

BEADS! BEADS! BEADS: Unique selections of handmade glass, metal and wooden beads. Also findings, threads and kits available. Cost \$8 for samples, colour copy and info. Write to: Tsunami, PO Box 129, WALPOLE 6398.

COLOURED MERINO FLEECES, easy to spin, \$10 per kg + post. S & K Long, PO Box 46, MILES 4415. Ph/fax: 07-4627-2302.

HEALTH & BEAUTY

HANDMADE PURE VEGETABLE OIL SOAPS. These natural soaps are suitable for people who have sensitive or problem skin. For a product brochure send SAE to: Bushcraft Soaps, Lot 3 Counter Rd, M/S 591, GYMPIE 4570. Ph: 07-5486-7299.

NATURAL DIETARY SUPPLEMENTS at discount rates. Oxichel, Emugen – Herbanol, Pharmalliance Products. Please send \$5 and SAE for sample tablet tray and brochures to: Brian O'Riley, PO Box 1351, MURRAY BRIDGE, SA 5253, or ph: 08-8531-1411.

REVOLUTIONARY - YOUR BLOOD GROUP is the key to wellbeing, longevity, weight control, physical vitality, emotional strengths! Want more info? Send information about your: age, sex, weight, height, your medical history & blood group, enclose \$10 to: Rokro, PO Box 764, ALSTONVILLE 2477.

WANTED URGENTLY: EMU EGGS, wattleseed, holy basil plants. 22 Regatta Dve, EDGEWATER, WA 6027.

Don't forget the deadline if wishing to advertise in Grass Roots

NEEM THE MIRACLE HERB. As seen on The Best of Landline. Neem & sunlight, the best cure in the world for psoriasis. Patented in USA as a cure for malaria. Our unique neem soap contains 43 important medicinal properties. Head lice, acne, eczema, ringworm, scabies, cuts, wounds, fungal infections, burns, bites etc? Produced with certified organic neem leaf oil & dry neem leaf powder. Damaged skin. Regenerative and restructuring properties. Skin cancer? Mine went in 4 months. No 'secret' ingredients. It's been around for 4500 years. Also certified organic neem oils. Agents & retail outlets required for this marvellous product. Skin care clinics, aged care, naturopathic, Chinese, herbal medicine practitioners, organic/health retailers, hospital. Information & price list email neemtree@zipworld.com.au or stamped A4 SAE to: The Neem Machine, PO Box 7139, St Kilda Rd, MELBOURNE, Vic 3004.

QUALITY SOAPS, HANDMADE with the finest vegetable oils, essential oils & fragrances. We take pride in our soaps, the attractive packaging, the reasonable prices. You won't be disappointed. Send SAE for brochure to: Saffrons Earthly Pleasures, PO Box 5162, GLADSTONE, 4680.

MAGNETIC FIELD THERAPY – medical magnets for arthritis, sports injuries, headaches, all joint & muscular problems. Bio Magnatural Living. Ph: 02-9587-2920 AH.

ECHINACEA PURPEREA TEA for sale, 100% organic, 20% root incl in mix. 250 g = \$5; 500 g = \$10. Ground Echinacea & root also avail. PO Box 457, KYOGLE, 2474 NSW. Ph: 02-6636-2183.

FOOD AND KITCHEN

BEE POLLEN, no additives, 450 g sample pack \$10. 1.9 kg pack \$35, 4.3 kg pack \$70, 14 kg drum \$185. Prices include p&p. JM Read, 8 River St, MURRAY BRIDGE, SA 5253.

HOME STONE FLOUR MILLS – mill your own stoneground wholemeal flour for cakes and bread at home with a Retsel Little Ark stone flour mill. Endorsed by Housewives Association. Write for catalogue to: Retsel Distributors, PO Box 712, DANDENONG 3175, encl 3 postage stamps. Ph: 03-9795-2725. Distributor enquiries welcome.

WATER, PURE WATER, 100% hydrogen & oxygen. Just as nature intended. Invest in your health with a pure water distiller. Guaranteed to consistently produce pure water, free of bacteria, viruses & all other contaminants. Your body will love you. Also a range of home flour mills. Perfect flour from coarse to pastry-fine. Lifetime warranty. More info ph: Bread 'N' Water. Freecall: 1800-888-880.

MISCELLANEOUS

HELP SAVE KAKADU from the Jabliuka uranium mine. Ring the Jabliuka Hotline now: 1300-360-565.

HANDYMEN WANTED! Full or part-time. Three different almost unknown businesses you can run from home. No opposition. I've retired so the secrets can be yours. No canvassing or mail order. Start with \$50 capital. Details free. Send SAE to: Peter Gardner, 13 Harlequin St (PO Box 571), LIGHTNING RIDGE 2834.

NATURAL SKIN CARE PRODUCTS, handmade soaps & candles. Send SAE for catalogue of over 120 products. Forest Edge, 242 Albert St, MARYBOROUGH 4650.

MISCELLANEOUS

TRIDENT TIPIS. Professional workmanship, quality materials, traditional designs. For brochure, samples and prices write to: 'Earth Mother Craft', Lot 107, Cedar Creek Road, via MILLFIELD, 2325. Ph: 049-981-659.

RADIATION-FREE SMOKE ALARMS, battery (\$45) or mains (\$52), photoelectric, postage \$4.50. Ph: 03-5154-0151. 3D Lights, RSD GOONGERAH 3888.

HOW TO MAKE MONEY selling & making chess pieces, bird baths, fine art, gnomes etc. Plaster and/or cement moulds. For methods + catalogue send \$14.95 to: PO Box 989, SOUTHPORT 4215 (06/50 Railway St). Ph/fax: 07-5532-9050.

MAXICULTURE. THE BEST FORM OF LAND USE is gardening. The best form of gardening is maxiculture. True sustainability. Small book, \$10 posted, from Jim, 13 McCord Road, TWO WELLS 5501.

SOLAR SYSTEM, complete 24V, 14 panels, gas tracker, 4KVA inverter, gauges, regulator. Ph: 07-4164-1144.

SAVE \$\$\$ AND HELP THE ENVIRONMENT by refilling your own inkjet printer cartridges. For more info send an SAE to Ink Again, PO Box 1851, GEELONG, 3220. Ph: 03-5224-1970. Wholesale enq welcome.

TIPIS, 10' - 22', from \$460. Colonial tents, tarps, awnings, annexes, canopies, tonneau covers, swag rolls. Leather, deerskin, suede clothing, any size, any design, yours or ours. Western and Indian style fringed gear a speciality. Wholesale prices. Bojo Products, BENALLA. Ph: 03-5762-2145, 0412-368-035. Tipi hire available.

TEEPEE, 17 ft, some accessories, VGC. \$850. MELBOURNE. Ph: 0418-340-181.

STONE SAW with 600 mm, 900 mm, 1200 mm blades. Cuts up to 450 mm deep. Westinghouse single stroke winch (WW1), pulls anything. \$2000 for lot. I've finished my stone house, you can start yours. Ph: 07-3409-8226.

WANTED - STILL SUITABLE FOR DISTILLING OIL, or plans on how to build one. Ph: 03-5756-2298.

PROTECT YOUR HOME FROM ROBBERS with new security sticker. Sticker shows your property is protected by automatic alarm system. Safeguard your family & help reduce theft, vandalism, & other crimes. Kit contains 15 inside stickers, 5 outside stickers, pamphlet: *10 Ways to Discourage Burglary*. Send \$30 money order, incl postage to: N W Galley, 40 Golden Hind Ave, TIN CAN BAY 4580.

ABORIGINAL DOLLS, VARIOUS SIZES, traditional & contemporary, some with body painting. Send 4 x 45c stamps for info to: Karda Products Pty Ltd, 22 Regatta Dve, EDGEWATER, WA 6027.

COURSES

CORRESPONDENCE - PERMACULTURE DESIGN Course. On completion you will have a full permaculture design & management plan for a property of your choice - to suit your needs. For more info contact: Annie Jenkins, PO Box 710, MALANDA, QLD 4885. Ph: 07-4096-6595, or email: nastus@hotmail.com

HERBAL MEDICINE. The School of Herbal Medicine, estab in Australia in 1985, offers a 1 year home study course. For details, write to PO Box 2310, TOOWOOMBA 4350.

GRASSIFIEDS

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See page 74 for details

CORRESPONDENCE STUDIES. Diploma and certificate programmes, professionally recognised. Learn for personal interest or business practice. Select one brochure from: Aromatherapy, Vitamin & Nutrition therapy, Traditional Folk Medicine, Animal Medicine (The 'Green' Vet), Psychic Healing, Pre-school Childcare, Safety & Security Counselling, Personal Psychic Development, Traditional Wicca. New course: 'Herbs For All Ways And Always'. Wiccan Home Studies, PO Box 138, SURRY HILLS 2010. Ph: 02-9319-6166 BH only.

BASIC STONEWORK, SE Qld, 3 days Sept. Ph: 0412-051-309.

LAND OF PLENTY PERMACULTURE DESIGN Certificate Courses, July 4th to 14th & Sept 26th to Oct 16th. Beautiful mid north coast location, 3.5 hrs nth of Sydney. Learn with Nicholas Crook & guest speakers, experienced in both permaculture & horticulture. Contact Deborah on: 0418-236-310.

LIVESTOCK

PUREBRED POULTRY - FERTILE EGGS. Plymouth Rocks, Faverolles \$25/doz. Partridge Wyandottes, Speckled Sussex, Rhode Island Reds, \$30/doz. Freight, \$11/doz, \$15/2 doz. Heritage Poultry Stud. Ph: 08-8836-7242.

GARDEN & ORCHARD

BOB MAGNUS'S FRUIT TREES, for my 1999 list of apples, pears, plums on dwarfing rootstocks, plus quinces & hazelnuts please send 3 x 45c stamps to: Bob Magnus, WOODBRIDGE, TAS 7162.

ARABICA COFFEE SEEDS OR PLANTS, with growing & processing info. Seeds \$6. Bare-rooted seedling trees avail \$4 each + \$6 p&h to Vic, NSW & Qld. Other areas or enq. ph: Colin Westwood, 02-6672-5834. PO Box 377, MURWILLUMBAH 2484.

APPLE TREES: Now is the time to propagate your own for your garden, sell at markets, fun project for children. Send \$20 for instruction pack to: Apples of Temptation, PO Box 77, HARCOURT, VIC 3453.

BAMBOO: PLANTS - BOOKS - FLOORING, 250 species, running or clumping, 15 titles bamboo books. Bamboo flooring boards now in stock. Send \$4.50 in stamps for catalogue. Bamboo Australia, BELLI PARK, Qld 4562.

E-Mail: bamboo@bamboo.oz.com.au.

EARTHWORMS. FREE, the most comprehensive catalogue of books on this subject. Send a business size SAE to: Worm World, PO Box 204GR, ROLLINGSTONE, Qld 4816. Ph/fax: 07-4770-7001.

FREE \$4.50 packet of mixed gourd seeds when you purchase your new 52 page Gourd Growers Handbook \$18. Mixed packets, Ornamentals, Hardshells, Luffa sponge, Cannon Ball, Calabash, Bean, Bottle, Birdhouse, Goose, Maranka, Coloured Corn - \$4.50 packet. Minimum purchase \$9. Bulk pkt \$10 - 30 seeds. Giant Gourd mix - 9 seeds \$10 packet. All prices include p&p. Money back guarantee. Send your order to: The Gourdfather, PO Box 298GR, EAST MAITLAND 2323. Ph: 02-4933-6624. PS: Craft books also available.

COMPANION PLANTING CHART: Over 90 vegetables, herbs and fruits, including plants as insect repellants. **SOW WHEN CHART:** Suggested sowing times for 100 vegetables, herbs and flowers. Mail order \$7 each + \$3 p&p. Plum Products (G), PO Box 120, Wards Rd, TAMBO UPPER, 3885.

BAMBOO PLANTS, lge range, best prices. Ph: 07-4129-4470, fax: 07-4129-0130.

TREE GUARDS all shapes/sizes from under 10 cents each. Bamboo stakes and weedmats. International Reforestation Supplies, 510 Bellbird Rd, BAIRNSDALE 3875. Ph/fax: 03-5157-9404.

TOBACCO SEEDS selected from quality, best flavoured plants. Organically grown. Seeds and instructions \$5. E Madge, PO Box 114, POMONA, Qld 4568. (MS626).

TOBACCO SEED. Organically grown (Virginian), cultivation and curing notes included. Send \$5 to Lyn O'Brien, C/- PO, BARMAN 3639.

RAINFORREST SEED COLLECTORS national link-up. Buy and sell local seed. Our newsletter has lots to offer. Local seed grows better and doesn't pollute your gene pool. Quarterly newsletter subs \$20, concession \$10. Offer local seed - free subs. RSC, Private Mail Bag, BELLINGEN 2454. Ph: 02-6655-2233.

LOOKING FOR HERITAGE or traditional fruits & vegetables? Join the Heritage Seed Curators Association. Our regular 'Seed Listing' winter issue of The Curator lists the sources for thousands of veggie, herb & fruit varieties. Our summer issue has major articles, tips and notes about saving heirloom varieties. Membership costs \$25 PA or \$18 for low income earners. Contact HSCA, PO Box 1450, BAIRNSDALE, Vic 3875.

TOBACCO SEEDS, ORGANICALLY GROWN. Seeds & instructions \$5. E Madge, PO Box 114, POMONA, Qld 4568 (MS626)

WORM FARM STOCK for sale due to health & age of owners. All stock in easily transportable boxes. Ph: 02-9620-1273.

CHINESE ARTICHOKE (*Stachys affinis*), unusual winter root vegetable, unrelated to globe or Jerusalem artichokes. Small pearly spiral. Mild nutty flavour, crispness of water chestnuts, delicious stir-fried. 10 Chinese artichokes \$25. **NEW ZEALAND YAM/OCA** (*Oxalis tuberosa*), delicious pink winter root vegetable. 15 NZ yams \$20. Both perennial tubers, multiply readily, probably best in cool & temperate climates. For mail order growing kit(s) of tubers, recipes & notes, send payment to: Bundanoon Village Nursery, PO Box 83, BUNDANOON 2578. June to end August. Ph: 02-4883-6303. Not WA.

GINSENG, ECHINACEA, DANG-GUI rootstocks for winter planting, spring rising, also seed avail. Grow them yourself. Info: Ted, 'Yesspec', PO Box 2, OMEO 3898. Ph: 03-5159-1575.

HOLIDAYS

BACKPACKER RATES, island fishing lodge, 7 beds. Canoeing, cycling free. See our web site: canoe.world.com. Fishing tours, dogs welcome. Ph: 07-3409-1960.

MORUYA - FAR SOUTH COAST NSW, romantic 1b/r and family 2 b/r bush cabins. Big open fires. \$250 per week. \$100 per weekend. Ph: 02-4474-2542, pm.

HOLIDAYS

LAMINGTON GLEN – rainforest retreat, secluded cabin. Everything supplied except food. Ph: 075-544-8166.

HOLIDAY AT CORAL COAST BEACH, Bundaberg, Iluka Gardens Forest Retreat cabins, 1ha organic forest, no televisions/phones/bar. Double room \$35, single bunk \$20. Dive, snorkel shore-line coral, lava-rock pools. Will book whale, reef trips for you. Ph/fax: Leonore, 07-4159-3230.

SERVICES OFFERED

PSYCHIC CLAIRVOYANT, gifted teacher, healer, Reiki Master. Phone readings: 07-3409-1198. Visit www.canoe-world.com/TeryVeness.htm

HOME PLANS. 'The Earth Builders Plan Catalogue' (180 pages): 92 plans for handcrafted buildings (83 homes and 9 workshops, cabins, and carports) of mud brick, rammed earth, stone, poleframe, timber, poured earth, strawbale, construction details; usable sample working of a home (12 x A3 sheets). Mail \$68 (p&p incl) to: John Barton – Building Design, 31 Sharp St, NEWTOWN, Vic 3220. Phone and enquiries to: 03-5222-5774 for fixed quote to draw and document your home plan. Bankcard, Visa, Mastercard, cheques accepted. Free brochure available.

MUD BRICK (EARTH WALL) TESTING – certificate for council. Effluent Disposal design (AS1547) for domestic premises. Soil testing. Hackett Laboratory Services, 4/8 Bellbowrie St, PORT MACQUARIE 2444. Ph: 065-832-635. Fax: 065-837-453.

PSYCHIC CLAIRVOYANT, in person or by mail. Find out about your PAST-PRESENT-FUTURE. Ph: Mandy, 0418-108-042.

FOR SALE

CANON SOLAR PANELS. At last the breakthrough in price and technology that you've been waiting for! Canon's incredible super module can produce up to 5 amps charge similar to 80 watt BP & SOLAREX units, but deliver superior overall performance & value as they are shadow-tolerant, lightweight & virtually indestructible. Combine this with a 20 year warranty & you should realise why crystalline panels are now virtually obsolete, & why Energy Australia recently installed 200,000 watts of them at the new Singleton solar power station. Super deal to Grass Rooters only, only \$499. Cheap freight. Ph: Universality Of The Sun, 04-1893-4607.

CANON ROOF INTEGRATED POWER MODULES. These fantastic solar modules actually become part of the roof, saving building costs & delivering a clean, uncluttered appearance that is simultaneously restrained yet high tech. Power output similar to 80 watt BP & Solarex panels. Introductory offer only \$450 per unit, minimum purchase 6 units. Free freight to capital cities. Ph: Universality Of The Sun, 04-1893-4607.

SELECTRONIC INVERTERS. Model SE-12/24, maximum 2000 watts, only \$999. Model SE-22, maximum 5000 watts, only \$1999. SE-30, maximum 6500 watts, only \$2550. All units are true sine-wave. These are special mail order prices for Grass Rooters only. Ph: Universality Of The Sun, 04-1893-4607.

GRASSIFIEDS

DEADLINES: GR134 – JUNE 30TH
GR135 – AUG 30TH

SOLAR TECHNOLOGY DESIGNERS CATALOGUE 1999/2000. Now entering its 10th year & still shining, this authoritative 160 page manual/catalogue is endorsed by thousands of Grass Rooters as their renewable energy bible! Written by leading solar engineer Christopher Darker in a unique easy-to-read style & divided into 15 chapters, it covers critical topics of energy self-suff. Formulating an energy budget, power system sizing, solar panels, trackers, wind generators, batteries, inverters, energy efficient appliances, passive solar buildings & a vast range of related issues. From beginners to experts this is undoubtedly the first & perhaps the only book to read before designing, purchasing or assembling a renewable energy system. Includes discount trade price lists that could save you thousands. Only \$79. To order ph: Universality Of The Sun, 04-1893-4607.

INVERTERS, GENERATORS & BATTERIES. The 12 Volt Shop is proud to be distributor for Onan, Honda and Dunlite generators. We also sell Selectronic, SEA, and Latronics, inverters, a range of batteries incl GNB (Energy Store & Solar Store) and Battery Energy (SunCycle & SunGel). For the best price, The 12 Volt Shop 08-9458-1212, fax: 08-9458-1977.

CANON 64 W SOLAR PANELS \$489 / roof integrated models \$439. Free freight to major centres! Siemens, Solarex, Kyocera and BP solar modules, solar trackers, solar regulators and cabling are also avail. The 12 Volt Shop 08-9458-1212, fax: 08-9458-1977.

AIR WIND TURBINES. Air 303-300 W turbine \$850 and Air 403 400 W \$950. Made in the USA. 3 yr warranty. Soma or Windseeker turbines avail in 12, 24 and 48 V models. The 12 Volt Shop 08-9458-1212, fax: 08-9458-1977.

SOLAR TECHNOLOGY BOOKS. Real value for money! *Home power – The Hands on Journal of Home-made Power*, issued bimonthly \$7.99, *Remote Area Power Supply Systems – An Introduction*, by the Solar Energy Industries Association of Australia \$30. *Renewable Energy Power Systems – Independent Power Supplies for Homes*, by Energy Victoria \$20, *Guidelines for Building an Energy Efficient Home*, by Energy Victoria \$5. Free 70 page catalogue. The 12 Volt Shop, U4/12 Kewdale Rd, WELSHPOOL WA. Ph: 08-9458-1212, fax: 08-9458-1977.

MUD BRICKS FOR SALE, Dwelling Place Inc, PO Box 15, RICHMOND, NSW 2753. Contact: Barbara, 02-4572-1489, or Anne, 02-4567-7269.

'GRASS ROOTS' numbers 48 to present + some earlier copies. *Earth Garden* no 5 to present (some missing). \$2 each + postage. Ph: 02-6494-0178.

STAINLESS STEEL PIPE, 15 m x 305 mm diam, suit underground air cooling system for house. Cost \$1000, sell \$350. Ph: 02-6685-4785.

SPINNING WHEELS, TRADITIONAL WHEEL, lazy kate, seven bobbins \$325. P Brooke upright wheel, lazy kate, four bobbins \$225. To be sold urgently. Rochelle Rudduck, ph: 03-9416-1755 BH. Photos avail.

HOUSEBOAT, ECHUCA, 40 ft in excellent condition. Has everything – fridge, HWS, stove, shower, generator, sun deck, open plan kitchen – living area. More information ring 03-5433-3537, or 041-2020-9441. Price \$34,000 ONO.

CALENDAR EVENTS

HERB SOCIETY OF NORTH QUEENSLAND INC, Seventh Australian Herb Conference, The Cathedral School, Townsville, 7th - 9th July 2000. Direct all enq to: PO Box 314, AITKENVALE, QLD 4814. Ph: 07-4773-6327.

FORUM ON THE GLOBAL FUTURE OF HERBAL MEDICINE, Southern Cross University, Lismore Campus, from 16 - 18 June. More info: Monique Lewis, 02-6620-3172.

HOBBY FARM EXPO, Sunday 19 September 1999, 9.00am - 5.00pm, Landsdale Farm Resource Centre, Landsdale Rd, LANDSDALE. Will incorporate everything for those who own or have dreamed of owning a small acreage property or lge garden. All enq to: Simon Learning, 04-1993-6221 or Steve Toghil, 04-1986-3391.

ECHUCA STEAM, HORSE & VINTAGE RALLY, 12 & 13 June 1999. A major event which draws enthusiasts & spectators from around Australia to enjoy the sights & sounds of early working steam & oil engines, tractors, vintage vehicles and Clydesdale horses. For enq: PO Box 199, ECHUCA, VIC 3564. Ph: 03-5480-1808.

CONTACTS

NEW SOUTH WALES

CHRISTIAN SINGLES, all ages, all denominations. Send for FREE COLOUR brochure to: 5 Grange Ave, MARYLAND NSW 2287 or www2.hunterlink.net.au/singles

COUNTRY LADY, 43, animal/nature lover, farming far sth coast + professional job. Experienced in life, active, travelled – seeking like in intelligent, fit, independent, motivated 40s male for soul mate/ best friend. Please write: Felix (GR 133), C/- PO Box 117, SEYMOUR 3661.

LADY, 57, seeks friendship with kind & honest man aged 60 - 70 approx, interested in hobby farming. Write: Widow (GR 133), C/- PO Box 117, SEYMOUR 3661.

LOVELY ATTRACTIVE gentle lady with lots of TLC. Seeking caring gentleman, 40 - 65, for fun loving friendship/relationship. Reply: Treasure (GR 133), C/- PO Box 117, SEYMOUR 3661.

QUEENSLAND

WELL TRAVELLED, good natured, n/s, fit, 50 yr young, Pisces male, 170 cm, 60 kg. Would like to meet honest, caring, down-to-earth lady, nationality not important, for alternative lifestyle, permaculture setup, self-suff etc. Please write to: MSC (GR 133), C/- PO Box 117, SEYMOUR 3661.

SLENDER, PEACEFUL, VEGETARIAN childless woman wanted to share healers sanctuary, nonmaterialistic, spiritual lifestyle. Sanctuary (GR 133), C/- PO Box 117, SEYMOUR 3661.

QUEENSLAND

YOUNG MALE LIVES ALONE on farm, quiet peaceful location, wishes to find happy-go-lucky, eager to please young woman from teens to mid twenties, as live-in companion. I'm slim, light build, with long dark hair, green eyes, easy-going, but don't want anyone staying at my home who's dirty or dishonest, no hangers-on, especially men. Any young woman who may be interested please send photo to address provided for quick reply. Box 6075, TOOWOOMBA WEST 4350.

GENUINE, HONEST, CARING BLOKE, 37, slim, fallow in the top paddock (receding hairline), n/s, n/d. Interests incl building, horses, permaculture & reafforestation. I have achieved everything in life of a physical nature, emotionally I need a good woman to be complete. Resides 50 mins n/w of Brisbane GPO. Write: Resident (GR 133), C/- PO Box 117, SEYMOUR 3661.

MALE 35 YR OLD, enjoys bush, music, gardening, animals, laughing, easy-going, honest. Seeking female 30 - 40. Life's too short to be on own. Please write soon. Wayne (GR 133), C/- PO Box 117, SEYMOUR 3661.

VICTORIA

CHRISTIAN LADY, aged 42, would like to meet a Christian man for friendship. Interests incl gardening, permaculture, poultry, swimming, cycling, walking, cooking. Please write to: PO Box 1213, BAIRNSDALE 3875.

HI, MY NAME IS IAN. I am 52 yrs old, single, never been married, my star sign is Leo. I am 170 cm tall, n/s & only light s/d. I am fair haired, blue eyed, broad shouldered & have a fairly solid build. My nationality is Australian. I have a secure job as a canteen manager & I am financially secure. My religion is Christian. I consider myself to be a quiet, tidy, easy-going person, gentle, caring, friendly, down-to-earth. I am not into drugs, I am mechanically-minded & a good handyman. My interests are classical music, picnics, gardening, concerts, flora & fauna, photography, camping, travelling, walking, looking after home, long w/ends in the country, vintage machinery. The lady I'd like to meet should be single, no ties, 39 - 50 age group give or take a year, who dresses casually like myself & who has a view to friendship & companionship with a view to perm r/ship if compatible. Photo appreciated but not necessary. I live in the outer eastern suburbs of Melbourne by myself. I also own my own house & car. All photos returned safely, all replies will be answered. All replies to be sent to: Ian (GR 133), C/- PO Box 117, SEYMOUR 3661.

INTELLIGENT, MATURE, companion/driver sought by 68 yr old lady for leisurely campervan/caravan touring, nat pks, waterfalls, rivers, beaches. All expenses paid. Pisces (GR 133), C/- PO Box 117, SEYMOUR 3661.

ANSWERING A CONTACT AD?

Please put each letter in a separate stamped envelope addressed C/- GR. We will re-address & forward it. Don't forget to put the issue number on reply, i.e.: Skye (GR 128)...

GRASSIFIEDS

PLACING AN AD?

See page 74 for details

ACTIVE MAN, athletic, slim, 50's, enjoys cycling, dancing, backpacking, theatre, permaculture & alternative health. Vegetarian, n/s, n/d, no ties. Seeks woman with similar interests for a loving r/ship. Interstate OK. Write Don (GR 133), C/- PO Box 117, SEYMOUR 3661.

ENLIGHTENED, SLIM, SOBER, n/s, affectionate male, establishing spiritual retreat in Qld, requires spiritual mature female partner. She could be: aware, wholistic, total, solved or solving her past karmas through looking inwards, rediscovering true Self, Unafraid of endless longing for sharing love, great reverence for Higher Self, showing it in body & spirit. Interested more in Being than behaviour. Enjoyment of simple things. Capable of perm r/ship with genuine intimacy. Contact pref with astro sign & photo returned in conf. Anutosh, 33 Joan Ave, FERNTREE GULLY 3156.

TASMANIA

ACTIVE LADY, late 60s, naval background, travelled, enjoys various music - not c & w - craft, gardening, discussion, people, places. Seeks n/s educated gentleman of comparable age with a SOH, kind, resourceful, for companionship. Reply: Sarat (GR 133), PO Box 117, SEYMOUR 3661.

PAUL, 52, 173 cm, 75 kg, variegated hair/beard, grey eyes, healthy, no ties, natural religion, heterosexual, serially monogamous, n/s, n/d, tertiary

educated, practicable, honest, forthright, caring. Interested in travelling Oz, permaculture, organic farming, bushwalking, horse riding, computing, cooking. Seeking a lady who is slim, n/s, healthy, literate, presentable, heterosexual, serially monogamous. Prefer 45 - 55, petite, tertiary educated, SOH, no ties, belief in old-fashioned values, similar interests to mine. Must not be a religious fanatic, gambler, drug user, heavily tattooed, heavy drinker, argument freak, nonstop swearer. Ph: 0147419-322.

SOUTH AUSTRALIA

COUNTRY SOLO DAD, 40s, bisexual, calm natured, GR type, trustworthy, discreet, seeks couple or single lady with similar ideals. Please reply to: Richard (GR 132), C/- PO Box 117, SEYMOUR 3661.

COUNTRY CITY CONTACTS, for travel, e-pals or penpals. Send SAE to 86 - 90 Railway Tce, PETERBOROUGH 5422, or www.travellersoz.com.au/contacts

WISH TO CONTACT 'REMARK' GR people & o/seas travellers. Please phone Nikita 08-8255-8829.

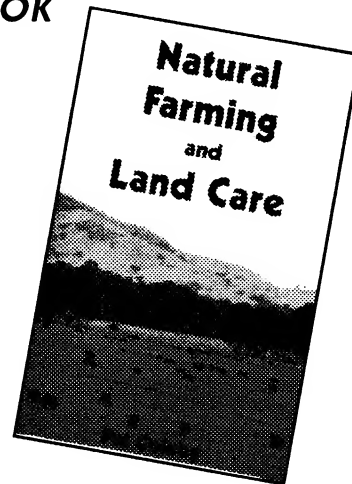
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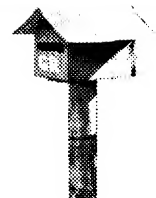
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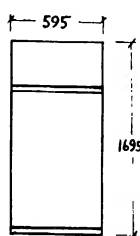
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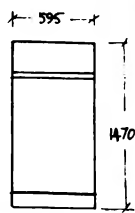
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